

RUNNING LOG - Charlottesville Ten Miler Training Program

Wk	Date	Distance (mi.)	Time (h:mm:ss)	1st Mile Pace	Overall Pace	Workout	Comfort Level (1-10 scale)	Hrs of Sleep	Ounces Hydration	Location -Terrain & Weather	Cross-Training Stretching	Comments: How do you feel? Aches/Pains?
19	/											
	/											
	/											
	/											
	/											
	/											
	/											
20	/											
	/											
	/											
	/											
	/											
	/											
	/											
21	/											
	/											
	/											
	/											
	/											
	/											
	/											
22	/											
	/											
	/											
	/											
	/											
	/											
	/											
PHASE 2											Phases 1 & 2 Total Distnsce:	

RUNNING LOG - Charlottesville Ten Miler Training Program

Wk	Date	Distance (mi.)	Time (h:mm:ss)	1st Mile Pace	Overall Pace	Workout	Comfort Level (1-10 scale)	Hrs of Sleep	Ounces Hydration	Location -Terrain & Weather	Cross-Training Stretching	Comments: How do you feel? Aches/Pains?
Total Distance:		0	< ---	Do not enter your totals; these numbers are automatically calculated for you.						--	0	