

Distance (circle if forward)

5 Monday

36

41

Where & When:
Comments

Distance

Where & When:
Comments

Distance

6 Tuesday

37

42

Where & When:
Comments

Distance

Where & When:
Comments

Distance

7 Wednesday

38

Where & When:
Comments

Distance

8 Thursday

39

Where & When:
Comments

Distance

9 Friday

40

Where & When:
Comments

Distance

February

Saturday 10

Sunday 11



Tip! Each runner responds differently to training. Some runners can handle a lot of miles, others can't handle a lot of speed work, and so on. Learn from your training and do more of what works for you and less of what doesn't.

Distance this week:

Weight: