

Distance carried forward

19 Monday

50 55

Where & When: _____ Distance: _____
Comments: _____

Where & When: _____ Distance: _____
Comments: _____

20 Tuesday

51 56

Where & When: _____ Distance: _____
Comments: _____

Where & When: _____ Distance: _____
Comments: _____

21 Wednesday

52

Where & When: _____ Distance: _____
Comments: _____

22 Thursday

53

Where & When: _____ Distance: _____
Comments: _____

23 Friday

54

Where & When: _____ Distance: _____
Comments: _____

tip: Low impact aerobic cross-training reduces injury risk and increases fitness in runners. The best cross-training activities approximate the running motion without the impact—bicycling, elliptical running, and incline treadmill walking.

Distance this week: _____ Weight: _____

February

Saturday 24

Sunday 25

