

RUNNING JOURNAL

INSTANT
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A4, A5, LETTER & 7X9.25"

DAILY RUN LOG - SCHEDULE CALENDAR - GOALS - MY RACES - YEARLY RUN TRACKER

The image displays a collection of running journal templates. On the left, a 'Running Log' template is shown with sections for Monday through Thursday, each containing fields for Date, Hours Slept, Sleep Quality (1-5), Morning HR, Hydration, Warm Up, Notes, Route, and Time of Day. Below these is a 'WEEKLY SUMMARY' section with fields for Week's Total Miles, Average Run, Longest Run, Month's Total Miles, Average Pace, and Shortest Run. In the center, a 'My Races' template features a table with columns for Date, Event/Location, Distance, and Time/Place, followed by a 'RUNNING Goals' section with fields for Goal, Plan/Strategy, Start Date, and Deadline. To the right, a 'Yearly Running Tracker' template includes a table for tracking runs by month (JAN to MAY) with columns for P (Pace), D (Distance), and Year. Below this is a 'RUNNING Schedule' template with a table for tracking runs by month (MON to SUN) with columns for P (Pace), D (Distance), and Year. Finally, a 'Total Miles for 20' template is shown with a large grid for tracking miles by month (JAN to MAY) and a 'Total Miles' column.

INCLUDES COLOR & GRAY SCALE VERSIONS
PRINTABLE / EDITABLE PDF TEMPLATE INSERTS