

July 2020

RUNNING CALENDAR

Tot Runs

S	M	T	W	Th	F	S
			1	2 3 M 32:30 Tempo	3	4
4 2.5 M 26:18 Rainy	5	6 1.5 M 18:05 Easy	7	8	9	10 3.1 M 29:59 RACE!

31 DAY RUNNING LOG

	Date / Time	Dist	Duration / Pace	Weather	Route	Notes
1	7/2 7am	3	32:30	HUMID! 78 deg	Neighborhood loop	First 2 were great, then ugh
2	7/4 3pm	2.5	26:28	Rainy / cloudy / warm	Sanctuary Park	Went at the tail end of rain - felt good
3	7/6 7pm	1.5	18:05	Beautiful and breezy	High School Track	Met up with C. - easy run, nice chat
4	7/10 8am	3.1	29:59	Warm and sunny - 81	Main St 5k Race!	Boom - finally beat 30 minutes!
5						
6						
7						
8						

Use The Summary Calendar
And The Detailed Log