






Run away from ZOMBIES

Dates:

Monthly Total:

Yearly Total:

Week	Day	Planned Distance	Actual Distance	Time or Pace	Type of Run	    	Notes (mood, weather, temperature, food, route, terrain)	Shoes
1	M							
	Tu							
	W							
	Th							
	F							
	Sa							
	Su							
2	M							
	Tu							
	W							
	Th							
	F							
	Sa							
	Su							
3	M							
	Tu							
	W							
	Th							
	F							
	Sa							
	Su							
4	M							
	Tu							
	W							
	Th							
	F							
	Sa							
	Su							