



WEEK NO.

WEEK BEGINNING / / 2018

YOUR MILE CHALLENGE RUNNING DIARY

MONDAY

DISTANCE TIME

ROUTE

HOW I FELT AND OTHER NOTES

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TUESDAY

DISTANCE TIME

ROUTE

HOW I FELT AND OTHER NOTES

.....

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WEDNESDAY

DISTANCE TIME

ROUTE

HOW I FELT AND OTHER NOTES

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THURSDAY

DISTANCE TIME

ROUTE

HOW I FELT AND OTHER NOTES

.....

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FRIDAY

DISTANCE TIME

ROUTE

HOW I FELT AND OTHER NOTES

.....

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SATURDAY

DISTANCE TIME

ROUTE

HOW I FELT AND OTHER NOTES

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SUNDAY

DISTANCE TIME

ROUTE

HOW I FELT AND OTHER NOTES

.....

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WEEKLY TOTAL

TOTAL MILES for 2018