2014 Run Training Log

Designed by: Mary Kelley | (610) 766-1297 | mary@aim4tri.com
www.aim4tri.com

DATE	DAY	LOCATION	Weight (lbs)	RUN Time (min)	Total Distance	Ave. Speed (mph)	Ave. Pace	Cross-Training Time (min)	Type	Comments:
30-Dec	Mon	Haverford College	155	80	9.3	6.98	8.60	30	strength	Felt great! Average heart rate = 161
31-Dec	Tue									
1-Jan	Wed									
2-Jan	Thur									
3-Jan	Fri									
4-Jan	Sat									
5-Jan	Sun									
			155.0	1.33	9.30			0.50		1.83
6-Jan	Mon									
7-Jan	Tue									
8-Jan	Wed									
9-Jan	Thur									
10-Jan	Fri									
11-Jan	Sat									
12-Jan	Sun									
				0.00	0.00			0.00		0.00
13-Jan	Mon									
14-Jan	Tue									
15-Jan	Wed									
16-Jan	Thur									
17-Jan	Fri									
18-Jan	Sat									
19-Jan	Sun									
				0.00	0.00			0.00		0.00
20-Jan	Mon									
21-Jan	Tue									
22-Jan	Wed									
23-Jan	Thur									
24-Jan	Fri									
25-Jan	Sat									
26-Jan	Sun									
				0.00	0.00			0.00		0.00
27-Jan	Mon									
28-Jan	Tue									
29-Jan	Wed									
30-Jan	Thurs									
31-Jan	Fri									
1-Feb	Sat									
2-Feb	Sun									
				0.00	0.00			0.00		0.00
3-Feb	Mon									
4-Feb	Tue									
5-Feb	Wed									
6-Feb	Thur									
7-Feb	Fri									
8-Feb	Sat									
9-Feb	Sun									
				0.00	0.00			0.00		0.00
10-Feb	Mon									
11-Feb	Tue									
12-Feb	Wed									
13-Feb	Thur									
14-Feb	Fri									
15-Feb	Sat									
16-Feb	Sun									

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DATE	DAY	LOCATION	Weight (lbs)	RUN Time (min)	Total Distance	Ave. Speed (mph)	Ave. Pace	Cross-Training Time (min)	Type	Comments:
				0.00	0.00			0.00		0.00
17-Feb	Mon									
18-Feb	Tue									
19-Feb	Wed									
20-Feb	Thur									
21-Feb	Fri									
22-Feb	Sat									
23-Feb	Sun									
				0.00	0.00			0.00		0.00
24-Feb	Mon									
25-Feb	Tue									
26-Feb	Wed									
27-Feb	Thur									
28-Feb	Fri									
1-Mar	Sat									
2-Mar	Sun									
				0.00	0.00			0.00		0.00
3-Mar	Mon									
4-Mar	Tue									
5-Mar	Wed									
6-Mar	Thur									
7-Mar	Fri									
8-Mar	Sat									
9-Mar	Sun									
				0.00	0.00			0.00		0.00
10-Mar	Mon									
11-Mar	Tue									
12-Mar	Wed									
13-Mar	Thur									
14-Mar	Fri									
15-Mar	Sat									
16-Mar	Sun									
				0.00	0.00			0.00		0.00
17-Mar	Mon									
18-Mar	Tue									
19-Mar	Wed									
20-Mar	Thur									
21-Mar	Fri									
22-Mar	Sat									
23-Mar	Sun									
				0.00	0.00			0.00		0.00
24-Mar	Mon									
25-Mar	Tue									
26-Mar	Wed									
27-Mar	Thur									
28-Mar	Fri									
29-Mar	Sat									
30-Mar	Sun									
				0.00	0.00			0.00		0.00
31-Mar	Mon									
1-Apr	Tue									
2-Apr	Wed									
3-Apr	Thur									
4-Apr	Fri									
5-Apr	Sat									

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6-Apr	Sun									
				0.00	0.00			0.00		0.00
7-Apr	Mon									
8-Apr	Tue									
9-Apr	Wed									
10-Apr	Thur									
11-Apr	Fri									
12-Apr	Sat									
13-Apr	Sun									
				0.00	0.00			0.00		0.00
14-Apr	Mon									
15-Apr	Tue									
16-Apr	Wed									
17-Apr	Thur									
18-Apr	Fri									
19-Apr	Sat									
20-Apr	Sun									
				0.00	0.00			0.00		0.00
21-Apr	Mon									
22-Apr	Tue									
23-Apr	Wed									
24-Apr	Thurs									
25-Apr	Fri									
26-Apr	Sat									
27-Apr	Sun									
				0.00	0.00			0.00		0.00
28-Apr	Mon									
29-Apr	Tue									
30-Apr	Wed									
1-May	Thur									
2-May	Fri									
3-May	Sat									
4-May	Sun									
				0.00	0.00			0.00		0.00
5-May	Mon									
6-May	Tue									
7-May	Wed									
8-May	Thur									
9-May	Fri									
10-May	Sat									
11-May	Sun									
				0.00	0.00			0.00		0.00
12-May	Mon									
13-May	Tue									
14-May	Wed									
15-May	Thur									
16-May	Fri									
17-May	Sat									
18-May	Sun									
				0.00	0.00			0.00		0.00
19-May	Mon									
20-May	Tue									
21-May	Wed									
22-May	Thur									
23-May	Fri									

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DATE	DAY	LOCATION	Weight (lbs)	RUN Time (min)	Total Distance	Ave. Speed (mph)	Ave. Pace	Cross-Training Time (min)	Type	Comments:
24-May	Sat									
25-May	Sun									
				0.00	0.00			0.00		0.00
26-May	Mon									
27-May	Tue									
28-May	Wed									
29-May	Thur									
30-May	Fri									
31-May	Sat									
1-Jun	Sun									
				0.00	0.00			0.00		0.00
2-Jun	Mon									
3-Jun	Tue									
4-Jun	Wed									
5-Jun	Thur									
6-Jun	Fri									
7-Jun	Sat									
8-Jun	Sun									
				0.00	0.00			0.00		0.00
9-Jun	Mon									
10-Jun	Tue									
11-Jun	Wed									
12-Jun	Thur									
13-Jun	Fri									
14-Jun	Sat									
15-Jun	Sun									
				0.00	0.00			0.00		0.00
16-Jun	Mon									
17-Jun	Tue									
18-Jun	Wed									
19-Jun	Thur									
20-Jun	Fri									
21-Jun	Sat									
22-Jun	Sun									
				0.00	0.00			0.00		0.00
23-Jun	Mon									
24-Jun	Tue									
25-Jun	Wed									
26-Jun	Thur									
27-Jun	Fri									
28-Jun	Sat									
29-Jun	Sun									
				0.00	0.00			0.00		0.00
30-Jun	Mon									
1-Jul	Tue									
2-Jul	Wed									
3-Jul	Thur									
4-Jul	Fri									
5-Jul	Sat									
6-Jul	Sun									
				0.00	0.00			0.00		0.00
7-Jul	Mon									
8-Jul	Tue									
9-Jul	Wed									
10-Jul	Thur									

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11-Jul	Fri									
12-Jul	Sat									
13-Jul	Sun									
				0.00	0.00			0.00		0.00
14-Jul	Mon									
15-Jul	Tue									
16-Jul	Wed									
17-Jul	Thur									
18-Jul	Fri									
19-Jul	Sat									
20-Jul	Sun									
				0.00	0.00			0.00		0.00
21-Jul	Mon									
22-Jul	Tue									
23-Jul	Wed									
24-Jul	Thurs									
25-Jul	Fri									
26-Jul	Sat									
27-Jul	Sun									
				0.00	0.00			0.00		0.00
28-Jul	Mon									
29-Jul	Tue									
30-Jul	Wed									
31-Jul	Thur									
1-Aug	Fri									
2-Aug	Sat									
3-Aug	Sun									
				0.00	0.00			0.00		0.00
4-Aug	Mon									
5-Aug	Tue									
6-Aug	Wed									
7-Aug	Thur									
8-Aug	Fri									
9-Aug	Sat									
10-Aug	Sun									
				0.00	0.00			0.00		0.00
11-Aug	Mon									
12-Aug	Tue									
13-Aug	Wed									
14-Aug	Thur									
15-Aug	Fri									
16-Aug	Sat									
17-Aug	Sun									
				0.00	0.00			0.00		0.00
18-Aug	Mon									
19-Aug	Tue									
20-Aug	Wed									
21-Aug	Thur									
22-Aug	Fri									
23-Aug	Sat									
24-Aug	Sun									
				0.00	0.00			0.00		0.00
25-Aug	Mon									
26-Aug	Tue									
27-Aug	Wed									

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DATE	DAY	LOCATION	Weight (lbs)	RUN Time (min)	Total Distance	Ave. Speed (mph)	Ave. Pace	Cross-Training Time (min)	Type	Comments:
28-Aug	Thur									
29-Aug	Fri									
30-Aug	Sat									
31-Aug	Sun									
				0.00	0.00			0.00		0.00
1-Sep	Mon									
2-Sep	Tue									
3-Sep	Wed									
4-Sep	Thur									
5-Sep	Fri									
6-Sep	Sat									
7-Sep	Sun									
				0.00	0.00			0.00		0.00
8-Sep	Mon									
9-Sep	Tue									
10-Sep	Wed									
11-Sep	Thur									
12-Sep	Fri									
13-Sep	Sat									
14-Sep	Sun									
				0.00	0.00			0.00		0.00
15-Sep	Mon									
16-Sep	Tue									
17-Sep	Wed									
18-Sep	Thur									
19-Sep	Fri									
20-Sep	Sat									
21-Sep	Sun									
				0.00	0.00			0.00		0.00
22-Sep	Mon									
23-Sep	Tue									
24-Sep	Wed									
25-Sep	Thur									
26-Sep	Fri									
27-Sep	Sat									
28-Sep	Sun									
				0.00	0.00			0.00		0.00
29-Sep	Mon									
30-Sep	Tue									
1-Oct	Wed									
2-Oct	Thur									
3-Oct	Fri									
4-Oct	Sat									
5-Oct	Sun									
				0.00	0.00			0.00		0.00
6-Oct	Mon									
7-Oct	Tue									
8-Oct	Wed									
9-Oct	Thur									
10-Oct	Fri									
11-Oct	Sat									
12-Oct	Sun									
				0.00	0.00			0.00		0.00
13-Oct	Mon									
14-Oct	Tue									

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DATE	DAY	LOCATION	Weight (lbs)	RUN Time (min)	Total Distance	Ave. Speed (mph)	Ave. Pace	Cross-Training Time (min)	Type	Comments:
15-Oct	Wed									
16-Oct	Thurs									
17-Oct	Fri									
18-Oct	Sat									
19-Oct	Sun									
				0.00	0.00			0.00		0.00
20-Oct	Mon									
21-Oct	Tue									
22-Oct	Wed									
23-Oct	Thur									
24-Oct	Fri									
25-Oct	Sat									
26-Oct	Sun									
				0.00	0.00			0.00		0.00
27-Oct	Mon									
28-Oct	Tue									
29-Oct	Wed									
30-Oct	Thur									
31-Oct	Fri									
1-Nov	Sat									
2-Nov	Sun									
				0.00	0.00			0.00		0.00
3-Nov	Mon									
4-Nov	Tue									
5-Nov	Wed									
6-Nov	Thur									
7-Nov	Fri									
8-Nov	Sat									
9-Nov	Sun									
				0.00	0.00			0.00		0.00
10-Nov	Mon									
11-Nov	Tue									
12-Nov	Wed									
13-Nov	Thur									
14-Nov	Fri									
15-Nov	Sat									
16-Nov	Sun									
				0.00	0.00			0.00		0.00
17-Nov	Mon									
18-Nov	Tue									
19-Nov	Wed									
20-Nov	Thur									
21-Nov	Fri									
22-Nov	Sat									
23-Nov	Sun									
				0.00	0.00			0.00		0.00
24-Nov	Mon									
25-Nov	Tue									
26-Nov	Wed									
27-Nov	Thur									
28-Nov	Fri									
29-Nov	Sat									
30-Nov	Sun									
				0.00	0.00			0.00		0.00
1-Dec	Mon									

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DATE	DAY	LOCATION	Weight (lbs)	RUN Time (min)	Total Distance	Ave. Speed (mph)	Ave. Pace	Cross-Training Time (min)	Type	Comments:
2-Dec	Tue									
3-Dec	Wed									
4-Dec	Thur									
5-Dec	Fri									
6-Dec	Sat									
7-Dec	Sun									
				0.00	0.00			0.00		0.00
8-Dec	Mon									
9-Dec	Tue									
10-Dec	Wed									
11-Dec	Thur									
12-Dec	Fri									
13-Dec	Sat									
14-Dec	Sun									
				0.00	0.00			0.00		0.00
15-Dec	Mon									
16-Dec	Tue									
17-Dec	Wed									
18-Dec	Thur									
19-Dec	Fri									
20-Dec	Sat									
21-Dec	Sun									
				0.00	0.00			0.00		0.00
22-Dec	Mon									
23-Dec	Tue									
24-Dec	Wed									
25-Dec	Thur									
26-Dec	Fri									
27-Dec	Sat									
28-Dec	Sun									
				0.00	0.00			0.00		0.00
		TOTALS		**1.33**	**9.30**			**0.50**		**1.83**
				Total Run Time	**Total Run Distance**			**Total XT Time**		**Total Hours**