RUNNING & CARDIO MILEAGE ENDURANCE TRACKER

PACE, AEROBIC ZONES & MILEAGE LOG

RUNNER: _____ **MONTH:** _____ 20____ **MONTHLY TARGET:** _____ MI / KM **GOAL PACE:** ___:___ /mi

TARGET EVENT / RACE: _____ | **CURRENT TRAINING SHOES:** _____

RUN / DATE	WORKOUT TYPE	ROUTE / SURFACE	DISTANCE	TIME	AVG PACE	AVG HR	EFFORT	SHOE / NOTES
#01 ___/___							___ / 10	
#02 ___/___							___ / 10	
#03 ___/___							___ / 10	
#04 ___/___							___ / 10	
#05 ___/___							___ / 10	
#06 ___/___							___ / 10	
#07 ___/___							___ / 10	
#08 ___/___							___ / 10	
#09 ___/___							___ / 10	
#10 ___/___							___ / 10	
#11 ___/___							___ / 10	
#12 ___/___							___ / 10	
#13 ___/___							___ / 10	
#14 ___/___							___ / 10	
#15 ___/___							___ / 10	
#16 ___/___							___ / 10	
		MONTHLY MILEAGE TOTALS:	_____ MI	____:____	AVG: ___:___			GOAL MET

RUNNING SHOE LIFESPAN & GEAR TRACKER (REPLACE EVERY 300-500 MILES):

Shoe Pair A: _____ | Miles: _____ / 400

Shoe Pair B: _____ | Miles: _____ / 400

Monthly High-Water Milestone / Best Long Run: _____ | Longest Run: _____ MI