

**Summer Running Log**  
**Base Building Mileage Chart**

Your log is for tracking your mileage each day. You might not always know your distance or pace exactly, but guesstimate as close as you can. In the comment section list how you felt as far as completing the workouts and how your body is responding to them.

Week: \_\_\_\_\_

Date	Workout Type	Distance	Time/Pace	Location	Comments

Total Weekly Mileage: \_\_\_\_\_

Week: \_\_\_\_\_

Date	Workout Type	Distance	Time/Pace	Location	Comments

Total Weekly Mileage: \_\_\_\_\_