

CHS Summer Running Log

Record your general route, time, & distance for each day.

Week 1		Week 3	
Mon., May 31		Mon., June 14	
Tues., June 1		Tues., June 15	
Wed., June 2		Wed., June 16	
Thurs., June 3		Thurs., June 17	
Fri., June 4		Fri., June 18	
Sat., June 5		Sat., June 19	
Sun., June 6		Sun., June 20	
<i>Week total</i>		<i>Week total</i>	

Week 2		Week 4	
Mon., June 7		Mon., June 21	
Tues., June 8		Tues., June 22	
Wed., June 9		Wed., June 23	
Thurs., June 10		Thurs., June 24	
Fri., June 11		Fri., June 25	
Sat., June 12		Sat., June 26	
Sun., June 13		Sun., June 27	
<i>Week total</i>		<i>Week total</i>	

Week 5		Week 7	
Mon., June 28		Mon., July 12	
Tues., June 29		Tues., July 13	
Wed., June 30		Wed., July 14	
Thurs., July 1		Thurs., July 15	
Fri., July 2		Fri., July 16	
Sat., July 3		Sat., July 17	
Sun., July 4		Sun., July 18	
<i>Week total</i>		<i>Week total</i>	

Week 6		Week 8	
Mon., July 5		Mon., July 19	
Tues., July 6		Tues., July 20	
Wed., July 7		Wed., July 21	
Thurs., July 8		Thurs., July 22	
Fri., July 9		Fri., July 23	
Sat., July 10		Sat., July 24	
Sun., July 11		Sun., July 25	
<i>Week total</i>		<i>Week total</i>	

Week 9			
Mon., July 26		Fri., July 30	
Tues., July 27		Sat., July 31	
Wed., July 28		Sun., August 1	
Thurs., July 29		<i>Week total</i>	