

Running Log - Summer 2005

Jacob Fern

Goal - 200 Miles

Starts - June 15

Deadline - August 15

Goal Reached?

YES!

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
June 12 - June 18				5.5	13.5	12	5	36
June 19 - June 25	0	0	0	0	0	3.5	5	8.5
June 26 - July 2	0	4	3.5	3.5	3.5	4	0	18.5
July 3 - July 9	0	5	5.5	6	5	5	0	26.5
July 10 - July 16	0	5	6	4.5	7	5	0	27.5
July 17 - July 23	0	8	7	5.5	5	0	0	25.5
July 24 - July 30	0	6	7	8	4	0	0	25
July 31 - August 6	0	6	8	7	7.5	5.5	0	34
August 7 - August 13	0	5.5	5	5	7	0	0	22.5
August 14 - August 20	0	4.5						4.5
Total	0	44	42	45	52.5	35	10	228.5

	Sunday	Monday	Tuesday	Wednesday*	Thursday*	Friday*	Saturday*	Daily
Averages	0	4.8888889	5.25	4.9375	4.875	2.875	0.625	3.6854839

# of Days I Didn't Run	23
Max Miles in 1 Day*	8
Max Miles in 1 Week*	34
Min Miles in 1 Week**	8.5
Average Week*	23.5

These figures are only accurate at the completion of the chart. (Chart is now complete.)

*Figures exclude June 12- June 18 (Running Camp) **Figures exclude August 14 - August 20 (Partial Week)