

Running Log - Track 2007

Jacob Fern

Starts: March 12
Ends: May 26

Goals: Be able to run

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
March 11 - March 17		4.2	5.7	3	7.1	0	0	20
March 18 - March 24	0	0	0	0	0	0	0	0
March 25 - March 31	0	0	0	0	0	0	0	0
April 1 - April 7	0	0	0	0	0	0	0	0
April 8 - April 14	0	3.75	2.5	5.25	4.5	1.5	0	17.5
April 15 - April 21	5.5	8.5	4.25	8	3	2	8.25	39.5
April 22 - April 28	0	8	8	9.5	2	6	1	34.5
April 29 - May 5	3.9	3	9.7	7	7	4.75	12	47.35
May 6 - May 12	7.5	2	5	9.5	5	3.3	9.4	41.7
May 13 - May 19	8	12	0	6.75	10.5	2	11	50.25
May 20 - May 26	7	3.6	3	8.5	5	5.2	0	32.3
Total	31.9	45.05	38.15	57.5	44.1	24.75	41.65	283.1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Daily
Averages	3.19	4.0954545	3.4681818	5.2272727	4.0090909	2.25	3.7863636	3.725

# of Days I Didn't Run	28
Max Miles in 1 Day*	12
Max Miles in 1 Week*	50.25
Min Miles in 1 Week	0
Average Week*	25.736364
Total miles in 2007	969.75

NOTES:
Personal Bests:
1600 - 4:55
3200 - 10:47