

# Running Log - Winter 2006/2007 (Page 1)

Jacob Fern

Starts: October 22, 2006  
Ends: March 11, 2007

Goal: (A)Run 600 Miles (B)550 Miles (C)500 Miles  
Achieved? (A) - Yes (B) - Yes (C) - Yes

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
Oct. 22 - Oct. 28	13	4	3.5	4	4	7	4	<b>39.5</b>
Oct. 29 - Nov. 4	0	4	8	4	3	4	0	<b>23</b>
Nov. 5 - Nov. 11	4	0	0	4	4	4	0	<b>16</b>
Nov. 12 - Nov. 18	0	4	4	4	4	13	4.5	<b>33.5</b>
Nov. 19 - Nov. 25	7.5	0	4	4.5	0	10	0	<b>26</b>
Nov. 26 - Dec. 2	4.5	0	4	4	4	4	0	<b>20.5</b>
Dec. 3 - Dec. 9	4	4	4	4	0	4	0	<b>20</b>
Dec. 10 - Dec. 16	4	0	0	0	0	0	4	<b>8</b>
Dec. 17 - Dec. 23	4	4	4	4	6.5	4	5	<b>31.5</b>
Dec. 24 - Dec. 30	5	5	9.5	5	5.25	7	5	<b>41.75</b>
Dec. 31 - Jan. 6	9.5	5	6	5	6	5	5	<b>41.5</b>
Jan. 7 - Jan. 13	9.5	5	5	7.2	5	5	3	<b>39.7</b>
Jan. 14 - Jan. 20	5	8.4	5	7.2	5	6	5	<b>41.6</b>
Jan. 21 - Jan. 27	6	6	7	7.2	3.7	7.8	0	<b>37.7</b>
Jan. 28 - Feb. 3	12.1	4.9	7.2	5	7.2	7.2	6.5	<b>50.1</b>
Feb. 4 - Feb. 10	14.3	4.9	6	7.2	6	7.2	7.2	<b>52.8</b>
Feb. 11 - Feb. 17	10.9	7.1	4.3	4.5	0	7.5	7.2	<b>41.5</b>
Feb. 18 - Feb. 24	8.6	4.9	5	4.9	5	4.9	13.1	<b>46.4</b>
Feb. 25 - March 3	4.9	7.5	6	7	7.2	5	14.3	<b>51.9</b>
March 4 - March 10	3.9	4	4.9	4.9	0	0	3	<b>20.7</b>
March 11 - March 17	3							<b>3</b>
<b>Total</b>	<b>133.7</b>	<b>82.7</b>	<b>97.4</b>	<b>97.6</b>	<b>75.85</b>	<b>112.6</b>	<b>86.8</b>	<b>686.65</b>

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Daily
<b>Averages</b>	6.366666667	4.135	4.87	4.88	3.7925	5.63	4.34	<b>4.869858156</b>

# of Days I Didn't Run	22
Max Miles in 1 Day	14.3
Max Miles in 1 Week	52.8
Min Miles in 1 Week	8
Average Week	34.1825
Miles Since Jan. 1, 2006	1486.2
Miles Since Jan. 1, 2007	417.4

Notes:  
There are 141 days available, therefore; to reach each goal, I will have to run the following amounts each day (average): (C) - 3.55 miles (B) - 3.90 miles (A) - 4.26 miles