

# Running Log - Cross Country 2005

Jacob Fern

Starts - August 15

Ends - October 22

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
August 14 - August 20		4.5	4	2	6	6	6	<b>28.5</b>
August 21 - August 28	0	8	2.5	3.5	1.5	4	10	<b>29.5</b>
August 29 - September 3	0	4.5	7.5	3	1	5	5	<b>26</b>
September 4 - September 10	0	3	5	3	4.5	2.5	4	<b>22</b>
September 11 - September 17	0	5	5.5	2	1	4	0	<b>17.5</b>
September 18 - September 24	4	8	5	3.5	8	1	4.5	<b>34</b>
September 25 - October 1	0	5	6	2.5	4.5	2	5	<b>25</b>
October 2 - October 8	0	8	7	3	4.5	3	5	<b>30.5</b>
October 9 - October 15	0	5	8.5	5	4	3.5	4	<b>30</b>
October 16 - October 22	0	5	4.5	1.5	4.5	3	3.5	<b>22</b>
<b>Total</b>	<b>4</b>	<b>56</b>	<b>55.5</b>	<b>29</b>	<b>39.5</b>	<b>34</b>	<b>47</b>	<b>265</b>

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Daily
<b>Averages</b>	0.4444444	5.6	5.55	2.9	3.95	3.4	4.7	<b>3.8405797</b>

# of Days I Didn't Run	9
Max Miles in 1 Day	10
Max Miles in 1 Week	34
Min Miles in 1 Week	17.5
Average Week	26.5

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