



Petal & Paper

YOUR FREE PRINTABLE

Running log



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THIS MONTH'S RUNNING

running log

Week 1

Run 1: Date ____ Dist ____km Time ____ Pace ____/km Feel: 😊 😐 😞

Run 2: Date ____ Dist ____km Time ____ Pace ____/km Feel: 😊 😐 😞

Run 3: Date ____ Dist ____km Time ____ Pace ____/km Feel: 😊 😐 😞

Week 1 total: ____km

Week 2

Run 1: Date ____ Dist ____km Time ____ Pace ____/km Feel: 😊 😐 😞

Run 2: Date ____ Dist ____km Time ____ Pace ____/km Feel: 😊 😐 😞

Run 3: Date ____ Dist ____km Time ____ Pace ____/km Feel: 😊 😐 😞

Week 2 total: ____km

Weeks 3 & 4

Run 1: Date ____ Dist ____km Time ____ Pace ____/km

Run 2: Date ____ Dist ____km Time ____ Pace ____/km

Run 3: Date ____ Dist ____km Time ____ Pace ____/km

Run 4: Date ____ Dist ____km Time ____ Pace ____/km

Monthly summary

Total runs: ____ Total distance: ____km

Best run: ____km on ____

Fastest pace: ____/km Average pace: ____/km

Next month goal: _____