



RUNNING JOURNAL

Daily record

WEEKLY RUNNING JOURNAL

WEEK NUMBER 1

Day	Type of Activity	Length of time or distance	Details of run/activity	How the workout felt	Weather	Comments
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

"The easy option is doing it - you only have to train; week by week, moment by moment, mile by mile, you will run towards success. You will create the evidence that you can do it because you will have done it. The hard thing is giving up, you have a life time of wondering if you could have done it instead of a life time knowing that you did it! Which one will you choose?"

WEEKLY RUNNING JOURNAL

WEEK NUMBER 2

Day	Type of Activity	Length of time or distance	Details of run/activity	How the workout felt	Weather	Comments
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

"Don't let what you cannot do interfere with what you can do!"

"Say yes to success"

WEEKLY RUNNING JOURNAL

WEEK NUMBER 3

Day	Type of Activity	Length of time or distance	Details of run/activity	How the workout felt	Weather	Comments
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

"Faith can move mountains, doubt can create them."

"The dictionary is the only place success comes before work"

WEEKLY RUNNING JOURNAL

WEEK NUMBER 4

Day	Type of Activity	Length of time or distance	Details of run/activity	How the workout felt	Weather	Comments
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

"If it is to be it is up to me"

"When we all work together we win together!"

WEEKLY RUNNING JOURNAL

WEEK NUMBER 5

Day	Type of Activity	Length of time or distance	Details of run/activity	How the workout felt	Weather	Comments
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

"Let us not become weary of doing good, for at the proper time we will reap a harvest if we do not give up". Galatians 6:9

WEEKLY RUNNING JOURNAL

WEEK NUMBER 6

Day	Type of Activity	Length of time or distance	Details of run/activity	How the workout felt	Weather	Comments
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

"The miracle wasn't that I finished but that I had the courage to start"

John Bingham - The Penguin "Marathon Running for Mortals"

WEEKLY RUNNING JOURNAL

WEEK NUMBER 7

Day	Type of Activity	Length of time or distance	Details of run/activity	How the workout felt	Weather	Comments
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

"It's never too late to be what you might have been." George Elliot

"Decide that you want it more than you are afraid of it." Bill Crosby

WEEKLY RUNNING JOURNAL

WEEK NUMBER 8

Day	Type of Activity	Length of time or distance	Details of run/activity	How the workout felt	Weather	Comments
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

"Determination is often the first chapter in the book of excellence."

"You can best and quickest succeed by helping others to succeed."

WEEKLY RUNNING JOURNAL

WEEK NUMBER 9

Day	Type of Activity	Length of time or distance	Details of run/activity	How the workout felt	Weather	Comments
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						



"Success comes in cans and not cannots."

WEEKLY RUNNING JOURNAL

WEEK NUMBER 10

Day	Type of Activity	Length of time or distance	Details of run/activity	How the workout felt	Weather	Comments
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

"If at first you don't succeed, try doing it the way the coach showed you!"

WEEKLY RUNNING JOURNAL

WEEK NUMBER 11

Day	Type of Activity	Length of time or distance	Details of run/activity	How the workout felt	Weather	Comments
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

"Judge each day, not by the harvest, but by the seeds that you plant."

WEEKLY RUNNING JOURNAL

WEEK NUMBER 12

Day	Type of Activity	Length of time or distance	Details of run/activity	How the workout felt	Weather	Comments
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

"A diamond is merely a lump of coal that did well under pressure."

WEEKLY RUNNING JOURNAL

WEEK NUMBER 13

Day	Type of Activity	Length of time or distance	Details of run/activity	How the workout felt	Weather	Comments
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

"Ambition is rated by what you finish, not what you start."

WEEKLY RUNNING JOURNAL

WEEK NUMBER 14

Day	Type of Activity	Length of time or distance	Details of run/activity	How the workout felt	Weather	Comments
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

"Some people dream of worthy accomplishments, whilst others wake up and do them."

WEEKLY RUNNING JOURNAL

WEEK NUMBER 15

Day	Type of Activity	Length of time or distance	Details of run/activity	How the workout felt	Weather	Comments
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

"Life is all about choices. You can be extraordinary or extra - ordinary. Which one will you choose?"

WEEKLY RUNNING JOURNAL

WEEK NUMBER 16

Day	Type of Activity	Length of time or distance	Details of run/activity	How the workout felt	Weather	Comments
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

"Attitude is a little thing which makes a BIG difference."

WEEKLY RUNNING JOURNAL

WEEK NUMBER 17

Day	Type of Activity	Length of time or distance	Details of run/activity	How the workout felt	Weather	Comments
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

"No one can predict to what heights you can soar. Even you will not know until you spread your wings."

WEEKLY RUNNING JOURNAL

WEEK NUMBER 18

Day	Type of Activity	Length of time or distance	Details of run/activity	How the workout felt	Weather	Comments
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

"The five S's of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit." - Ken Doherty

WEEKLY RUNNING JOURNAL

WEEK NUMBER 19

Day	Type of Activity	Length of time or distance	Details of run/activity	How the workout felt	Weather	Comments
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Marathon Day - The crowds will be cheering, we will have proved who we are, our hearts, our minds, our lungs and our legs and our friendships will have taken us 26.2 miles. We will be tired, drained, excited, proud, laughing or crying and very likely aching all over. Today you will truly know what you have done to make yourself proud. Life will never be the same again! You will have the medal to prove it. You chose extraordinary! You are now a marathon runner!