

2009 SUMMER MILEAGE JOURNAL for: _____

Use this chart to document your mileage over the course of the summer. **Post it in a visible place** as a reminder and motivational tool for consistent daily running. Record number of miles, type of terrain, and overall intensity for each day in the appropriate box. You may also want to note how you felt physically, mentally, or if you sustained or aggravated an injury.

Sample Week:

7	8	9	10	11	12	13	
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
JUNE 14	15	16	17	18	19	20	
JUNE 21	22	23	24	25	26	27	
JUNE 28	26	30	JULY 1	2	3	4	
JULY 5	6	7	8	9	10	11	
JULY 12	13	14	15	16	17	18	
JULY 19	20	21	22	23	24	25	
JULY 26	27	28	29	30	31	AUGUST 1	
AUGUST 2	3	4	5	6	7	8	
AUGUST 9	10	11	12	13	14	15	

COUGAR CROSS COUNTRY