
(ATHLETES NAME)

FPYC Cross Country Fall 2017 Running Log



Athletes should update their running log throughout the season. This is for fun and we will collect them at the end of the season.

Everyone who reaches the below listed age-appropriate mileage levels by the end of the season will receive special recognition at the FPYC banquet on November 9th.

The levels are:

AGE	NAME	MINIMUM DISTANCE
8 and Under	"half-marathon"	6.5 total miles
9 through 12	"marathon"	13.1 total miles
13 and Older	"ultra marathon"	25.0 total miles

Feel free to make comments about the week, or about any particular workout or race – uplifting or frustrating. The comments are for you and will not be shared without your permission.

**TURN IN THE RUNNING LOG TO YOUR COACH
NO LATER THAN NOVEMBER 3rd TO ENSURE
RECOGNITION AT THE END OF SEASON
BANQUET**

Week 1

DATE	MILES
Monday	
Tuesday <i>Practice</i>	
Wednesday	
Thursday <i>Practice</i>	
Friday	
Saturday	
Sunday <i>Practice</i>	
TOTAL FOR THE WEEK	

Comments: _____

Week 2

DATE	MILES
Monday	
Tuesday <i>Practice</i>	
Wednesday	
Thursday <i>Practice</i>	
Friday	
Saturday	
Sunday <i>Practice</i>	
TOTAL FOR THE WEEK	

Comments: _____

Week 3

DATE	MILES
Monday	
Tuesday <i>Practice</i>	
Wednesday	
Thursday <i>Practice</i>	
Friday	
Saturday <i>Pacers DCXC Invite</i>	
Sunday	
TOTAL FOR THE WEEK	

Comments: _____

Week 4

DATE	MILES
Monday	
Tuesday <i>Practice</i>	
Wednesday	
Thursday <i>Practice</i>	
Friday	
Saturday	
Sunday <i>FPYC Meet</i>	
TOTAL FOR THE WEEK	

Comments: _____

Week 5

DATE	MILES
Monday	
Tuesday <i>Practice</i>	
Wednesday	
Thursday <i>Practice</i>	
Friday	
Saturday	
Sunday <i>SYA Meet</i>	
TOTAL FOR THE WEEK	

Comments: _____

Week 6

DATE	MILES
Monday	
Tuesday <i>Practice</i>	
Wednesday	
Thursday <i>Practice</i>	
Friday	
Saturday	
Sunday <i>FPYC Meet</i>	
TOTAL FOR THE WEEK	

Comments: _____

Week 7

DATE	MILES
Monday	
Tuesday <i>Practice</i>	
Wednesday	
Thursday <i>Practice</i>	
Friday	
Saturday	
Sunday <i>FPYC Meet</i>	
TOTAL FOR THE WEEK	

Comments: _____

Week 8

DATE	MILES
Monday	
Tuesday <i>Practice</i>	
Wednesday	
Thursday <i>Practice</i>	
Friday	
Saturday <i>NOVA Invitational</i>	
Sunday	
TOTAL FOR THE WEEK	

Comments: _____

Week 9

DATE	MILES
Monday	
Tuesday <i>Post-Season Practice</i>	
Wednesday	
Thursday <i>Post-Season Practice</i>	
Friday	
Saturday	
Sunday POST-SEASON QUALIFIER	
TOTAL FOR THE WEEK	

Comments: _____

TURN IN THE RUNNING LOG TO YOUR COACH NO LATER THAN NOVEMBER 5th TO ENSURE RECOGNITION AT THE END OF SEASON BANQUET