1,000 Mile / 1,000 km Challenge



Colour one square per mile or km — 1,000 squares

100

200

300

400

500

600

700

800

900

1000

Weekly Run Log

2

Week of _____ Weekly goal _____

DAY	TYPE	DIST	TIME	PACE	AVG HR	FEEL	SHOES
Mon							
Tue							
Wed							
Thu							
Fri							
Sat							
Sun							

Week total & notes

Aches / recovery

Weekly Run Log · Week 2

3

Week of _____ Weekly goal _____

DAY	TYPE	DIST	TIME	PACE	AVG HR	FEEL	SHOES
Mon							
Tue							
Wed							
Thu							
Fri							
Sat							
Sun							

Week total & notes

Aches / recovery

Race Log

Every bib tells a story

4

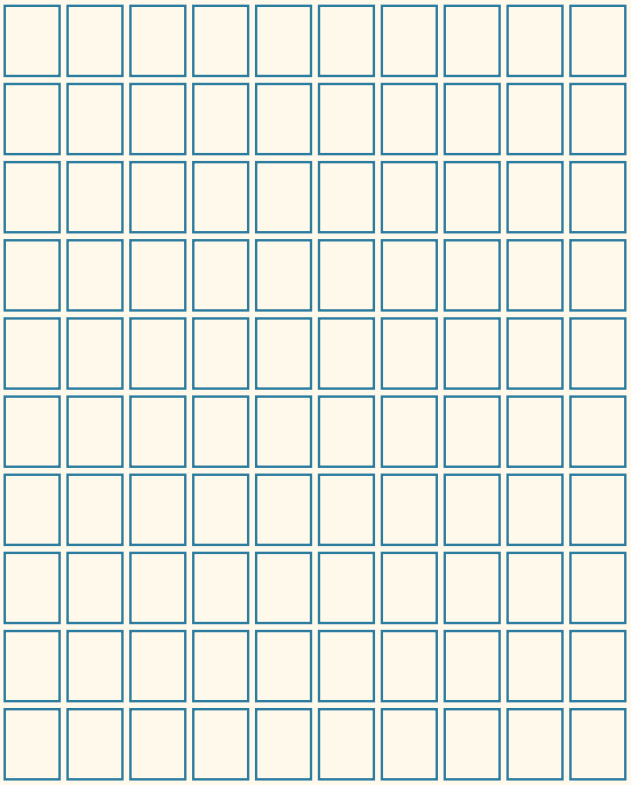
DATE	RACE	DIST	GOAL	FINISH	PLACE	NOTES

Shoe Mileage Tracker

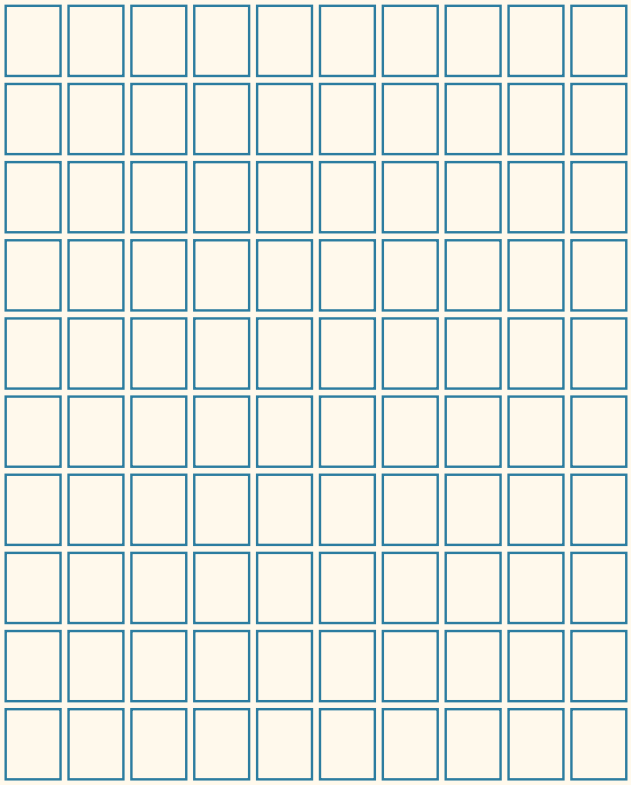
Replace road shoes around 300–500 miles / 500–800 km

5

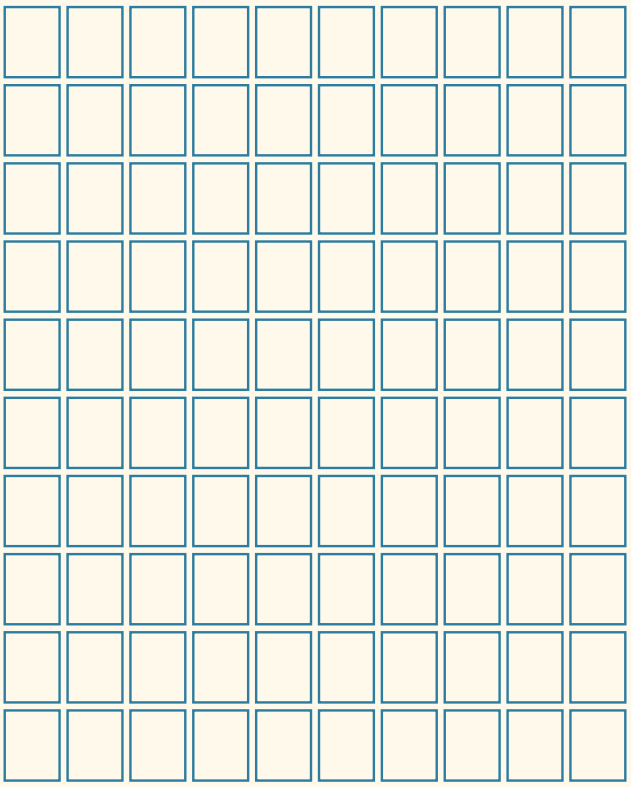
Pair 1: _____ first run ____



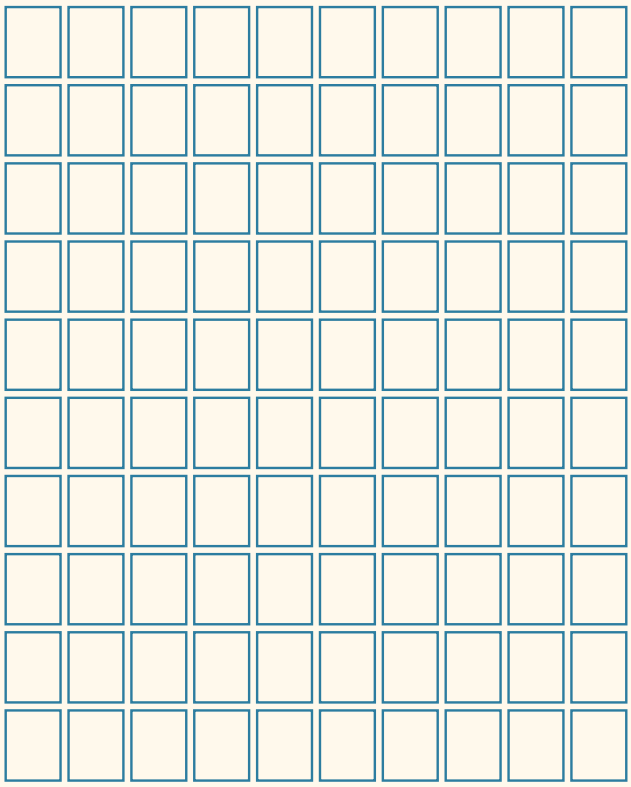
Pair 2: _____ first run ____



Pair 3: _____ first run ____



Pair 4: _____ first run ____



Personal Bests & Monthly Totals

Track the trend, not just the day

DISTANCE	PB TIME	DATE	RACE / ROUTE
1 mile			
5K			
10K			
Half			
Marathon			
Longest run			

MONTH	RUNS	DISTANCE	LONGEST	RUNNING TOTAL
Jan				
Feb				
Mar				
Apr				
May				
Jun				
Jul				
Aug				
Sep				
Oct				
Nov				
Dec				