



Dear friends of the Amway River Bank Run and RunGR,

We hope you find this training plan helpful and effective as you prepare for the 2026 Amway River Bank Run events. This training plan was developed by RunGR's experienced head coach, Mike Wojciakowski and incorporates weekly speed work, easy runs, and long runs to help you build endurance, strength, and speed. Please check out the RunGR website and social media for training tips as the training season progresses.

For those of you returning to running after some time off, please consult with your health care provider first and consider the lower mileage and lower repeat options provided.

Having a community to support you in your training will help complement a solid plan like this as you work towards your running and fitness goals. A structured group of peers can provide you the accountability, support, friendship, and enjoyment of running so you can keep showing up in good weather and bad, when running is easy and when it is hard. The Amway River Bank Run community runs and local running groups like RunGR are here to provide you with all of these crucial elements as you train towards your goals. Whether it be finishing the Amway River Bank Run 25K, setting a PR in the 10K, taking part in your first 5k, or walking with family in the 5K walk, we are here to support you.

We look forward to seeing your progress over the next few months and cannot wait to see you out on the course on the second Saturday in May!

See you out on the trail,

Russ Hines

CEO - Riverbank Events and Media

amwavriverbankrun.com

Jamie Nye

President - RunGR

rungr.com



















Plan developed by a Level II certified USA Track and Field Coach Michael Wojciakowski

WEEK

DEC 29-JAN 4 MILEAGE: 28

MON	TUES	WED	THURS	FRI	SAT	SUN
EASY RUN + STRIDES	FARTLEKS	EASY RUN + STRIDES	EASY RUN	CROSS TRAIN	LONG RUN	CROSS TRAIN
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1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 8-10 x Hill Sprints 3) Run 2 mile cooldown	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest

WEEK

JANUARY 5-11

MILEAGE: 28-30

MON	TUES	WED	THURS	FRI	SAT	SUN
EASY RUN + STRIDES	FARTLEKS	EASY RUN + STRIDES	EASY RUN	CROSS TRAIN	LONG RUN + FAST FINISH	CROSS TRAIN
E	=	Ø.	Ø.	Ø ¾	\rightarrow	₩ **
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 8-10 x 1:30 on/1:30 off Fartleks 3) Run 2 mile cooldown	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest

WEEK

3

JANUARY 12-18 MILEAGE: 30

MON	TUES	WED	THURS	FRI	SAT	SUN
EASY RUN + STRIDES	FARTLEKS	EASY RUN + STRIDES	EASY RUN + STRIDES	CROSS TRAIN	LONG RUN + FAST FINISH	CROSS TRAIN
E	\triangle		Ø.	₩ **	\rightarrow	₩ **
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 8-10 x Hill Sprints 3) Run 2 mile cooldown	1) Run 4 miles @ Easy Pace 2) Strdies	1) Run 6 miles @ Easy Pace 2) Strides	Cross Train- ing/Core Work/Yoga/ Weight Train- ing/Rest	1) Run 8 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest

INTENSITY OF LOAD



ICON LEGEND



= HILL SPRINT



FAST FINISH

RACE







RUN







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MONDAY

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	DISTANCE OR TIME							
1	PACE							
	HEART RATE							
l	WEATHER							
	HOW I FELT							

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISTANCE OR TIME							
PACE							
HEART RATE							
WEATHER							
HOW I FELT							

DISTANCE OR TIME				
PACE				
HEART RATE				
WEATHER				
HOW I FELT				

THURSDAY

FRIDAY

WEDNESDAY



Goal: Deal with Adversity and the unexpected

TUESDAY



SATURDAY

SUNDAY



RunGR App





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JANUARY 19-25 MILEAGE: 30-32

MON	TUES	WED	THURS	FRI	SAT	SUN
EASY RUN + STRIDES	FARTLEKS	EASY RUN + STRIDES	EASY RUN	CROSS TRAIN	LONG RUN + FAST FINISH	CROSS TRAIN
	=	€	E	<i>ॐ</i> %	\Rightarrow	₩ **
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 6-8 x 2:30 on/1:30 off Fartleks 3) Run 2 mile cooldown	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 8 miles with first 6 easy and final two at a fast Finish 2) Static Stretching	Cross Training/ Core Work/ Yoga/Weight Training/Rest

THURS

EASY RUN

JAN 26 - FEB MILEAGE: 28

1	ĺ	

EASY RUN	HILL
+ STRIDES	SPRINTS
A.	\triangle
1) Run 6 miles @ Easy Pace	1) Run 2 miles warmup

2) Strides

MON

Hill Sprints

TUES

2) Run 8-10 x 3) Run 2 mile cooldown

+ STRIDES

WED

EASY RUN

- @ Easy Pace 2) Strides
- 1) Run 4 miles 1) Run 6 miles
 - @ Easy Pace

Cross Training/ Core Work/ Yoga/Weight Training/Rest

FRI

CROSS

TRAIN

1) Run 6 miles @ Easy Pace

SAT

LONG RUN



RUN

Cross Training/ Core Work/ Yoga/Weight Training/Rest

SUN

CROSS

TRAIN

FEBRUARY 2-8 MILEAGE: 34

MON	TUES	WED	THU	FRI	SAT	SUN
EASY RUN + STRIDES	ТЕМРО	EASY RUN + STRIDES	EASY RUN	CROSS TRAIN	LONG RUN + FAST FINISH	CROSS TRAIN
	=0	€	€L	₩ **	\Rightarrow	æ\ %
1) Run 6 miles	1) Run 2 miles	1) Run 4 miles	1) Run 6 miles	Cross	1) Run 10	Cross

- @ Easy Pace 2) Strides
- warmup
- 2) Run 4 x Mile @ Tempo Pace, 1:00 Recovery 3) Run 2 mile cooldown
- @ Easy Pace 2) Strides
- @ Easy Pace
- - Training/ Core Work/ Yoga/Weight Training/Rest
- - miles with first 8 easy and the final 2 at fast finish

Training/ Core Work/ Yoga/Weight

Training/Rest

INTENSITY OF LOAD



= HIGH

ICON LEGEND



= EASY RUN /\ = HILL SPRINT \rightarrow = LONG RUN

= RACE















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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISTANCE OR TIME							
PACE							
HEART RATE							
WEATHER							
HOW I FELT							

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISTANCE OR TIME							
PACE							
HEART RATE							
WEATHER							
HOW I FELT							

THURSDAY

FRIDAY

SATURDAY

SUNDAY

DISTANCE OR TIME				
PACE				
HEART RATE				
WEATHER				
HOW I FELT				

WEDNESDAY



MONDAY

TUESDAY





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W	E	E	K

FEBRUARY 9-15 MILEAGE: 36

MON	TUES	WED	THURS	FRI	SAT	SUN
EASY RUN + STRIDES	ALTERNATING PROGRESSIONS	EASY RUN + STRIDES	EASY RUN	CROSS TRAIN	LONG RUN	CROSS TRAIN
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1) Run 6 miles	1) Run 2	1) Run 6 miles	1) Run 6 miles	Cross	1) Run 8 miles	Cross

@ Easy Pace miles warmup 2) Run 6 x 2) Strides 600/1000 **Alternating Progressions** 3) Run 2 mile

cooldown PERRIN TRAINING PERRIN RUN @ Easy Pace 2) Strides

@ Easy Pace

Training/ Core Work/ Yoga/Weight Training/Res

@ Easy Pace

Training/ Core Work/ Yoga/Weight Training/Rest

FEBRUARY 16-22

MILEAGE: 36

MON	TUES	WED	THURS	FRI	SAT	SUN
EASY RUN + STRIDES	ТЕМРО	EASY RUN + STRIDES	EASY RUN	CROSS TRAIN	LONG RUN + FAST FINISH	CROSS TRAIN
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1) Run 6 miles	1) Run 2 miles	1) Run 4 miles	1) Run 6 miles	Cross Training/	1) Run 10 miles with	Cross Training/

2) Strides

warmup 2) Run 6 x Mile @ Tempo Pace 3) Run 2 mile

cooldown

2) Strides

Core Work/ Yoga/Weight Training/Res first 6 easy and final 4 at fast finish 2) Static Stretching

Core Work/ Yoga/Weight Training/Rest

FEB 23 - MAR 1 MILEAGE: 36

МС	N
EASY	RUN

ALTERNATING PROGRESSIONS

TUES

WED

THU

FRI

SAT

SUN

+ STRIDES

EASY RUN + STRIDES

EASY RUN

TRAIN

CROSS





1) Run 6 miles

@ Easy Pace 2) Strides

1) Run 2 miles

warmup 2) Run 6 x 800/800 Alternating **Progressions**

3) Run 2 mile

cooldown

1) Run 6 miles

@ Easy Pace 2) Strides

1) Run 6 miles @ Easy Pace

Cross Training/ Core Work/ Yoga/Weight

Training/Res

1) Run 8 miles @ Easy Pace 2) Static Stretching



RIVER BANK RUN **TRAINING RUN**

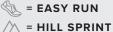
Cross Training/ Core Work/ Yoga/Weight Training/Rest

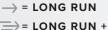
INTENSITY OF LOAD



ICON LEGEND





















Plan developed by a Level II certified USA Track and Field Coach Michael Wojciakowski

MONDAY

MONDAY

TUESDAY

TUESDAY

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISTANCE OR TIME							
PACE							
HEART RATE							
WEATHER							
HOW I FELT							

WEEK 8

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	DISTANCE OR TIME				
)	PACE				
	HEART RATE				
	WEATHER				
	HOW I FELT				

THURSDAY

THURSDAY

FRIDAY

FRIDAY

SATURDAY

SATURDAY

SUNDAY

SUNDAY

WEDNESDAY

WEDNESDAY

DISTANCE OR TIME				
PACE				
HEART RATE				
WEATHER				
HOW I FELT				







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W	EK
1	

MARCH 2-8 MILEAGE: 38

MON	TUES	WED	THURS	FRI	SAT	SUN
EASY RUN + STRIDES	RACE PACE	EASY RUN + STRIDES	EASY RUN	CROSS TRAIN	LONG RUN + FAST FINISH	CROSS TRAIN
€L	=0	Ø.		<i>₹</i>	\Rightarrow	₩ **
1) Run 6 miles	1) Run 2 miles	1) Run 6 miles	1) Run 8 miles	Cross	1) Run 10	Cross

@ Easy Pace

2) Strides

warmup 2) 12 x 400 @

5k RP 3) Run 2 mile cooldown

@ Easy Pace

2) Strides

@ Easy Pace

Training/ Core Work/ Yoga/Weight Training/Rest miles with first 4 easy and final 6 at fast finish 2) Static

Stretching

Training/ Core Work/ Yoga/Weight Training/Rest

MARCH 9-15 MILEAGE: 40

MON	TUES	WED	THURS	FRI	SAT	SUN
EASY RUN + STRIDES	ALTERNATING PROGRESSIONS	EASY RUN + STRIDES	EASY RUN	CROSS TRAIN	LONG RUN	CROSS TRAIN
E	=	Ø.	€£	Ø ¾	\rightarrow	₩ **
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 6 x 1000/600 Alternating	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 8 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 12 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest

MARCH 16-22 MILEAGE: 38

	PERRIN TRAINING PERRIN RUN					
MON	TUES	WED	THU	FRI	SAT	SUN
EASY RUN + STRIDES	RACE PACE	EASY RUN + STRIDES	EASY RUN	CROSS TRAIN	LONG RUN + FAST FINISH	CROSS TRAIN
	=0	E	E	₩ ***	\Rightarrow	₩ **
1) Pun 6 miles	1) Pun 2 miles	1) Pun 4 miles	1) Dun 9 miles	1) Dun / miles	1\ Dun 12	Cross

- @ Easy Pace
- 2) Strides
- 1) Run 2 miles warmup 2) Run 8x800 @ 5k RP 3) Run 2 mile

cooldown

Progressions 3) Run 2 mile cooldown

- 1) Run 4 miles @ Easy Pace
- 2) Strides
- 1) Run 8 miles @ Easy Pace
- @ Easy Pace
- 2) Strides
- 1) Run 12 miles with first 10 easy and final 2 at fast finish
- Cross Training/ Core Work/ Yoga/Weight Training/Rest

INTENSITY OF LOAD

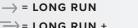


ICON LEGEND



= EASY RUN /\ = HILL SPRINT ⇒= LONG RUN + **FAST FINISH**

= RACE







= REST









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MONDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISTANCE OR TIME							
PACE							
HEART RATE							
WEATHER							
HOW I FELT							



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISTANCE OR TIME							
PACE							
HEART RATE							
WEATHER							
HOW I FELT							

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DISTANCE OR TIME				
PACE				
HEART RATE				
WEATHER				
HOW I FELT				

WEDNESDAY THURSDAY



Sleep and nutrition are key to repair and growth

TUESDAY



SATURDAY

FRIDAY



SUNDAY

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W	EEK
1	3

MARCH 23-29 MILEAGE: 40

WEEK 1A

MARCH 30-APRIL 5

MILEAGE: 40

MON	TUES	WED	THURS	FRI	SAT	SUN
WON	1013	WLD	IIIOKS	I KI	JAI	3014
EASY RUN + STRIDES	ТЕМРО	EASY RUN + STRIDES	EASY RUN	CROSS TRAIN	LONG RUN	CROSS TRAIN
	=0	E	E	Ø ¾	\rightarrow	₩ W
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 6 x Mile @ Tempo Pace, 1:00 Recovery 3) Run 2 mile cooldown	1) Run 6 miles @ Easy Pace 2) Strides	1) Run 8 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 10 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest
MON	TUES	WED	THURS	FRI	SAT	SUN
EASY RUN + STRIDES	MIXED INTERVALS	EASY RUN + STRIDES	EASY RUN	CROSS TRAIN	LONG RUN + FAST FINISH	CROSS TRAIN
E	=0	D	E	₩ **	\Rightarrow	Ø ¾
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Mixed Intervals 3) Run 2 mile cooldown	1) Run 6 miles @ Easy Pace 2) Strides	1) Run 8 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 12 miles with first 8 easy and final 4 at fast finish 2) Static Stretching TRAINING RUN	Cross Training/ Core Work/ Yoga/Weight Training/Rest
MON	TUES	WED	THURS	FRI	SAT	SUN
EASY RUN	ТЕМРО	EASY RUN	EASY RUN	CROSS	LONG RUN	CROSS

15

APRIL 6-12 MILEAGE: 40

MON	TUES	WED	THURS	FRI	SAT	SUN
EASY RUN + STRIDES	ТЕМРО	EASY RUN + STRIDES	EASY RUN	CROSS TRAIN	LONG RUN	CROSS TRAIN
	=0	Ø.	Ø.	Ø ¾	\rightarrow	₩ **
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2)Run 3 x 2 Mile @ Tempo Pace, 1:00 Recovery 3) Run 2 mile	1) Run 6 miles @ Easy Pace 2) Strides	1) Run 8 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 10 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest

INTENSITY OF LOAD

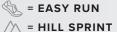


ICON LEGEND

cooldown



PERRIN TRAINING PERRIN RUN







REST







MEDIUM MILEAGE PLAN



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MONDAY

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISTANCE OR TIME							
PACE							
HEART RATE							
WEATHER							
HOW I FELT							

WEEK 14

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISTANCE OR TIME							
PACE							
HEART RATE							
WEATHER							
HOW I FELT							

MEEK 15

DISTANCE OR TIME				
PACE				
HEART RATE				
WEATHER				
HOW I FELT				

WEDNESDAY THURSDAY



Be boring, don't try anything new with your training

TUESDAY



SATURDAY

FRIDAY



SUNDAY

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WEEK 16

APRIL 13-19 MILEAGE: 42

MON	TUES	WED	THURS	FRI	SAT	SUN
EASY RUN + STRIDES	MIXED INTERVALS	EASY RUN + STRIDES	EASY RUN	CROSS TRAIN	LONG RUN + FAST FINISH	CROSS TRAIN
E	=0	Ø.		₩ **	\Rightarrow	æ\ %
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Mixed Intervals 3) Run 2 mile cooldown	1) Run 6 miles @ Easy Pace 2) Strides	1) Run 8 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 14 miles with first 8 easy and final 6 at fast finish 2) Static Stretching	Cross Training/ Core Work/ Yoga/Weight Training/Rest

WEEK 17

APRIL 20-26
MILEAGE: 36

MON	N TUES WED		THU	FRI	SAT	SUN
EASY RUN + STRIDES	ТЕМРО	EASY RUN + STRIDES	EASY RUN	CROSS TRAIN	LONG RUN	CROSS TRAIN
E	=0	Ø.	€£	₩ W	\rightarrow	ॐ %
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 2 x 3 Mile @ Tempo Pace, 1:00 Recovery 3) Run 2 mile cooldown	1) Run 4 miles @ Easy Pace 2) Strides	Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rests	1) Run 10 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest

WEEK 18

APR 27 - MAY 3 MILEAGE: 30

MON	TUES	WED	THU	FRI	SAT	SUN
EASY RUN + STRIDES	MIXED INTERVALS	EASY RUN + STRIDES	EASY RUN	CROSS TRAIN	LONG RUN	CROSS TRAIN
E	=@	O	E	₩ **	\rightarrow	æ\ %
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Mixed Intervals 3) Run 2 mile cooldown 4) Static	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 6 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight Training/Rest	1) Run 6 miles @ Easy Pace RIVER BANK RUN TRAINING	Cross Training/ Core Work/ Yoga/Weight Training/Rest

INTENSITY OF LOAD



ICON LEGEND

Stretching











RUN







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WEEK 16

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISTANCE OR TIME							
PACE							
HEART RATE							
WEATHER							
HOW I FELT							

WEEK 17

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISTANCE OR TIME							
PACE							
HEART RATE							
WEATHER							
HOW I FELT							

VEEK 18

DISTANCE OR TIME				
PACE				
HEART RATE				
WEATHER				
HOW I FELT				

WEDNESDAY THURSDAY



MONDAY

TUESDAY



FRIDAY



SUNDAY

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SATURDAY

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Training/Rest

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Pace, 1:00

Recovery
3) Run 2 mile cooldown

PERRIN TRAINING PERRIN RUN

WEEK

19

MAY 4-10 MILEAGE: 38

MON	TUES	WED	THURS	FRI	SAT	SUN
EASY RUN + STRIDES	ТЕМРО	EASY RUN + STRIDES	EASY RUN	CROSS TRAIN	RACE DAY	CROSS TRAIN
E	=	Ø.	E	<i>ॐ</i> %	W O	Ø %
1) Run 6 miles @ Easy Pace 2) Strides	1) Run 2 miles warmup 2) Run 4 x Mile @ Tempo	1) Run 4 miles @ Easy Pace 2) Strides	1) Run 4 miles @ Easy Pace	Cross Training/ Core Work/ Yoga/Weight	River Bank Run 25K	Cross Training/ Core Work/ Yoga/Weight

Training/Res





INTENSITY OF LOAD

ICON LEGEND



= EASY RUN

= HILL SPRINT

⇒ = LONG RUN + FAST FINISH

= RACE











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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	DISTANCE OR TIME							
	PACE							
	HEART RATE							
i	WEATHER							
	HOW I FELT							





Be proud of yourself and your accomplishments







