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Here are some other tips to keeping a running log: Make it easy on yourself and record just after you have run maybe before

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you hop in the shower. Make it part of your workout time that you have set aside for the day and then it will become just something you do before you have “ completed ” your run.

Running Log: Best things to record in your training log

The online home of Runner's World magazine. Running news, training advice, inspiring stories, running shoe reviews, gear tips, and more.

Runner's World

Running Race Log. This is a record of the running races I have done so I can chart my progress over the years. Click the headers in the table below to sort by date, distance, pace, etc. Dist = Distance Pace = Average mile pace (minutes/mile) Ovrl = Overall placing Div = Division placing (if not provided, then based this on a 10-year age

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Runner Journal Daily
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Running Race Log - Felix Wong

Calendar of EugeneRunner - July, 2018.

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