



Justin Case

📍 Boulder, CO

12

TOTAL RUNS

▼ This year.

63

TOTAL MILES

▼ This year.



RUNS THIS WEEK

Shoot for 4!

## RUN TRACKER

DATE \*

What day did you run?

02.16.2019

DISTANCE \*

How far did you run?  
(in miles)

4.25 mi

PACE

Minutes  
per mile.

9:30 /mi

POST IT!

\*Required

## ◀ FEBRUARY 2019 ▶

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturay	Weekly Totals
27	28	29	30 2.5	31	1 3.1	2	5.6
3	4	5 3.0	6 3.1	7	8 3.1	9	9.2
10	11 3.1	12	13 3.1	14	15 3	16 4.25	13.45
17	18	19	20	21	22	23	
24	25	26	27	28	1	2	

Weeks start on Sunday.

## RUNNING LOG

	Date.	Miles	Pace	
12.	February 16, 2019	4.25 mi	9:30/mi	
11.	February 15, 2019	3 mi	9:02 /mi	
10.	February 13, 2019	3.1 mi	n/a	
9.	February 11, 2019	3.1 mi	n/a	
8.	February 8, 2019	3.1 mi	8:30 /mi	

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