## Run Tracker

## Please sign in

user entered email address

sign in

sign up

Runs	Shoes	User
Date:  Distance:  Time:		Average Pace:  calculated field
Shoe: Drop	down list	
Run Type:  Base Recovery Long Tempo	0000	Interval Fartlek Hill Repeats Progression
Run notes:		
		Save Run
	Runs List	

Runs	Shoes	User
Edit shoo data		
Edit shoe data:		
Name: Combo box (dropdown/to	kt entry) Date Added:	
Notes:		
Notes.		
Accumulated shoe miles:	Calculated Field	1

SAVE

Runs	Shoes	User
Edit user data:		

Name:

Birthday:

Email:

SAVE

Runs		Shoes		Us	er
el	B. t. All. I	T. (18)	D-11 ID		6
Shoe Vomero Zoom 13 a		Total Distance 476 mi.		Edit	Delete
	01/01/20				Delete
Vomero Zoom 13 b	01/01/21	232 mi.	N		200
Gel Nimbus 22	07/01/22	154 mi.	N	Edit	Delete
1080 V10	01/01/23	75 mi.	N	Edit	Delete
Kinvara 6	01/01/19	350 mi.	Υ	Edit	Delete

Runs	Shoes	User	
			_

Shoe: Dropdown filter list

Date	Dist.	Time	Pace	Run Type		
09/27/24	1.5 mi.	15 min.	10 min/mi.	Recovery	Edit	Delete
09/26/24	5 mi.	40 min.	8 min/mi.	Base	Edit	Delete
09/25/24	15 mi.	130 min.	8:40 min/mi.	Long	Edit	Delete

Stretch goal: totals/averages for each relevant column above.

Accumulated shoe miles:

Calculated Field