

DECEMBER RUNNING LOG

During the festive season, it's sometimes that little bit harder to get out there and run...

At Run To Be, we want to support you as much as we can, so we've prepared this handy running log so you can keep track of your runs and commit to achieving your goals throughout December.

You can also join our Facebook Discussion Group to share your achievements and get extra support from our running community when you most need it.

Good luck, merry Christmas and remember we're with you every step of the way...

www.runtobe.co.uk

info@runtobe.co.uk

Find us on Facebook and Instagram



DECEMBER RUNNING LOG

Run To Be

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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MAIN OBJECTIVE

- Frequency
- Speed
- Distance
- Recovery
- Enjoyment
- Race Preparation

WEEKLY GOAL

Week 1:

Week 2:

Week 3:

Week 4:

BIGGEST CHALLENGES

NUMBER OF RUNS