

MHS XC Summer Running Logs 2017

Week #: _____

Week of: _____ to _____

Daily Run / Workout	Time:	Other activities: (weights, biking, etc.)	Daily Total:
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Comments: (good days, bad days, injuries, etc.)			Week's Total: <div style="text-align: center; border: 1px solid black; width: 100px; height: 100px; border-radius: 50%; margin: 0 auto;"></div>

DON'T FORGET TO SUBMIT YOUR RUNNING LOG @ www.mhsxc.weebly.com EVERY WEEK!

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