

## Running Personal Records (PRs)

First row is an example

This is a sheet where you can track your personal records (PRs) and track annual mileage run trends

Distance	Race	Location	Date	Finish Time Mile Pace
Marathon	Whistlestop Marathon	Ashland WI	10/11/14	3:05:45
1 mile				
5K				
8K				
10K				
10 mile				
1/2 marathon				
Marathon				
Other				

## Miles Run Per Year

First 3 rows are examples

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			2019	2018	2017	Year	
			1,934	2,100		Total Annual Miles	
	·		37	40	36	Miles per Week	Lilot o Lows are evaluates
			-8%	14%		Change from Prior Year	