Running training log

Enter date, distance (km) and time (h:mm:ss as text); pace per km calculates automatically.

Date	Run type	Distance km	Time	Pace /km	Feel (1–5)	Notes
2026-10-01	Easy	6	0:39:00		4	

Date	Run type	Distance km	Time	Pace /km	Feel (1–5)	Notes

Date	Run type	Distance km	Time	Pace /km	Feel (1–5)	Notes

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