

2019 RUNNING DMO - 3,000 Miles of Discipline, Determination, and Discovery

JAN	Stats	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL	FEB	Stats	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL	
Wk 1	Set Miles		1 10	2 6	3 4	4 Rest	5 31	6 Rest	51	Wk 1	Set Miles					1 Rest	2 50	3 Rest	50	
	Actual										Actual									
	M/M										M/M									
Wk 2	Set Miles	7 Rest	8 8	9 6	10 10	11 Rest	12 16	13 10	50	Wk 2	Set Miles	4 Rest	5 8	6 12	7 6	8 Rest	9 Rest	10 14	40	
	Actual										Actual									
	M/M										M/M									
Wk 3	Set Miles	14 Rest	15 12	16 6	17 10	18 Rest	19 24	20 14	66	Wk 3	Set Miles	11 Rest	12 5	13 6	14 10	15 Rest	16 16	17 12	49	
	Actual										Actual									
	M/M										M/M									
Wk 4	Set Miles	21 Rest	22 12	23 6	24 10	25 Rest	26 22	27 18	68	Wk 4	Set Miles	18 Rest	19 8	20 6	21 8	22 Rest	23 20	24 10	52	
	Actual										Actual									
	M/M										M/M									
Wk 5	Set Miles	28 Rest	29 10	30 6	31 4				20	Wk 5	Set Miles	25 Rest	26 8	27 6	28 8				22	
	Actual										Actual									
	M/M										M/M									
Month In Review		Set Miles	255	Actual				Hours of Bliss		Month In Review		Set Miles	213	Actual			Hours of Bliss			
MAR	Stats	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL	APRIL	Stats	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL	
Wk 1	Set Miles					1 Rest	2 10	3 5	15	Wk 1	Set Miles	1 Rest	2 12	3 6	4 10	5 Rest	6 16	7 14	58	
	Actual										Actual									
	M/M										M/M									
Wk 2	Set Miles	4 5	5 Rest	6 4	7 Rest	8 2	9 100	10	111	Wk 2	Set Miles	8 Rest	9 14	10 6	11 8	12 Rest	13 24	14 10	62	
	Actual										Actual									
	M/M										M/M									
Wk 3	Set Miles	11 Rest	12 4	13 6	14 8	15 Rest	16 12	17 10	40	Wk 3	Set Miles	15 Rest	16 8	17 6	18 10	19 Rest	20 14	21 10	48	
	Actual										Actual									
	M/M										M/M									
Wk 4	Set Miles	18 Rest	19 14	20 6	21 10	22 Rest	23 16	24 10	56	Wk 4	Set Miles	22 Rest	23 12	24 6	25 10	26 Rest	27 22	28 18	68	
	Actual										Actual									
	M/M										M/M									
Wk 5	Set Miles	25 Rest	26 10	27 6	28 8	29 Rest	30 16	31 10	50	Wk 5	Set Miles	29 Rest	30 12						12	
	Actual										Actual									
	M/M										M/M									
Month In Review		Set Miles	272	Actual				Hours of Bliss		Month In Review		Set Miles	248	Actual			Hours of Bliss			
MAY	Stats	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL	JUNE	Stats	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL	
Wk 1	Set Miles			1 6	2 10	3 Rest	4 22	5 18	56	Wk 1	Set Miles							1 31	2 Rest	31
	Actual										Actual									
	M/M										M/M									
Wk 2	Set Miles	6 Rest	7 9	8 6	9 4	10 Rest	11 50	12 Rest	69	Wk 2	Set Miles	3 Rest	4 10	5 8	6 10	7 Rest	8 14	9 10	52	
	Actual										Actual									
	M/M										M/M									
Wk 3	Set Miles	13 Rest	14 8	15 10	16 6	17 Rest	18 14	19 10	48	Wk 3	Set Miles	10 Rest	11 14	12 8	13 10	14 Rest	15 16	16 12	60	
	Actual										Actual									
	M/M										M/M									
Wk 4	Set Miles	20 Rest	21 10	22 8	23 10	24 Rest	25 24	26 10	62	Wk 4	Set Miles	17 Rest	18 14	19 6	20 8	21 Rest	22 24	23 10	62	
	Actual										Actual									
	M/M										M/M									
Wk 5	Set Miles	27 Rest	28 10	29 6	30 4	31 Rest			20	Wk 5	Set Miles	24 Rest	25 12	26 6	27 10	28 Rest	29 16	30 14	58	
	Actual										Actual									
	M/M										M/M									
Month In Review		Set Miles	255	Actual				Hours of Bliss		Month In Review		Set Miles	263	Actual			Hours of Bliss			
LEGEND:		M/M = Minutes per Mile								Six Months Of Success		Set Miles	1506	Actual			Hours of Bliss			