



RUN THIS YEAR RUNNING JOURNAL

PLAN IT • RUN IT • FINISH IT

YOUR CHALLENGE

YOUR FINISH

NAME

MY 2026 CHALLENGE

CHALLENGE HUB

Choose the target you want to chase.



1000 KM

Build consistency and finish strong.

MY TARGET



2026 KM

A full-year challenge built around momentum.

MY TARGET



2026 MILES

A big target for runners ready to push further.

MY TARGET

MY OWN CHALLENGE

Target: _____

WHY AM I RUNNING?

A good reason makes the hard days easier.

THE PLAN

Turn the big number into smaller targets.

TARGET

DISTANCE LEFT

WEEKS LEFT

MONTHLY TARGETS

Set the pace before the miles pile up.

MONTH	TARGET	ACTUAL	DIFFERENCE	TOTAL SO FAR
AUGUST				
SEPTEMBER				
OCTOBER				
NOVEMBER				
DECEMBER				

MILESTONES

Give yourself smaller finish lines.

MILESTONE	DATE	NOTE
25%		
50%		
75%		
FINISH		

AUGUST

Plan. Run. Review. Reset.

TARGET

ACTUAL

RUNS

LONGEST RUN

WEEKLY PROGRESS

Keep the month moving one week at a time.

WEEK	TARGET	PLANNED	ACTUAL
1			
2			
3			
4			
5			

MONTHLY REVIEW

Keep what works. Change what doesn't.

WHAT WENT WELL?	WHAT GOT IN THE WAY?
NEXT MONTH I WILL...	ONE THING I'M PROUD OF

SEPTEMBER

Plan. Run. Review. Reset.

TARGET

ACTUAL

RUNS

LONGEST RUN

WEEKLY PROGRESS

Keep the month moving one week at a time.

WEEK	TARGET	PLANNED	ACTUAL
1			
2			
3			
4			
5			

MONTHLY REVIEW

Keep what works. Change what doesn't.

WHAT WENT WELL?	WHAT GOT IN THE WAY?
NEXT MONTH I WILL...	ONE THING I'M PROUD OF

OCTOBER

Plan. Run. Review. Reset.

TARGET

ACTUAL

RUNS

LONGEST RUN

WEEKLY PROGRESS

Keep the month moving one week at a time.

WEEK	TARGET	PLANNED	ACTUAL
1			
2			
3			
4			
5			

MONTHLY REVIEW

Keep what works. Change what doesn't.

WHAT WENT WELL?	WHAT GOT IN THE WAY?
NEXT MONTH I WILL...	ONE THING I'M PROUD OF

NOVEMBER

Plan. Run. Review. Reset.

TARGET

ACTUAL

RUNS

LONGEST RUN

WEEKLY PROGRESS

Keep the month moving one week at a time.

WEEK	TARGET	PLANNED	ACTUAL
1			
2			
3			
4			
5			

MONTHLY REVIEW

Keep what works. Change what doesn't.

WHAT WENT WELL?	WHAT GOT IN THE WAY?
NEXT MONTH I WILL...	ONE THING I'M PROUD OF

DECEMBER

Plan. Run. Review. Reset.

TARGET

ACTUAL

RUNS

LONGEST RUN

WEEKLY PROGRESS

Keep the month moving one week at a time.

WEEK	TARGET	PLANNED	ACTUAL
1			
2			
3			
4			
5			

MONTHLY REVIEW

Keep what works. Change what doesn't.

WHAT WENT WELL?	WHAT GOT IN THE WAY?
NEXT MONTH I WILL...	ONE THING I'M PROUD OF

WEEK 01

17 Aug — 23 Aug 2026

WEEKLY TARGET

PLANNED

ACTUAL

RUN LOG

Record the run, not just the number.

DAY	RUN / ROUTE	DISTANCE	PACE / TIME	FEEL
Mon 17				
Tue 18				
Wed 19				
Thu 20				
Fri 21				
Sat 22				
Sun 23				

WIN OF THE WEEK

WHAT GOT IN THE WAY

NEXT WEEK

HOW I'M FEELING

WEEK 02

24 Aug — 30 Aug 2026

WEEKLY TARGET

PLANNED

ACTUAL

RUN LOG

Record the run, not just the number.

DAY	RUN / ROUTE	DISTANCE	PACE / TIME	FEEL
Mon 24				
Tue 25				
Wed 26				
Thu 27				
Fri 28				
Sat 29				
Sun 30				

WIN OF THE WEEK

WHAT GOT IN THE WAY

NEXT WEEK

HOW I'M FEELING

WEEK 03

31 Aug — 06 Sep 2026

WEEKLY TARGET

PLANNED

ACTUAL

RUN LOG

Record the run, not just the number.

DAY	RUN / ROUTE	DISTANCE	PACE / TIME	FEEL
Mon 31				
Tue 01				
Wed 02				
Thu 03				
Fri 04				
Sat 05				
Sun 06				

WIN OF THE WEEK

WHAT GOT IN THE WAY

NEXT WEEK

HOW I'M FEELING

WEEK 04

07 Sep — 13 Sep 2026

WEEKLY TARGET

PLANNED

ACTUAL

RUN LOG

Record the run, not just the number.

DAY	RUN / ROUTE	DISTANCE	PACE / TIME	FEEL
Mon 07				
Tue 08				
Wed 09				
Thu 10				
Fri 11				
Sat 12				
Sun 13				

WIN OF THE WEEK

WHAT GOT IN THE WAY

NEXT WEEK

HOW I'M FEELING

WEEK 05

14 Sep — 20 Sep 2026

WEEKLY TARGET

PLANNED

ACTUAL

RUN LOG

Record the run, not just the number.

DAY	RUN / ROUTE	DISTANCE	PACE / TIME	FEEL
Mon 14				
Tue 15				
Wed 16				
Thu 17				
Fri 18				
Sat 19				
Sun 20				

WIN OF THE WEEK

WHAT GOT IN THE WAY

NEXT WEEK

HOW I'M FEELING

WEEK 06

21 Sep — 27 Sep 2026

WEEKLY TARGET

PLANNED

ACTUAL

RUN LOG

Record the run, not just the number.

DAY	RUN / ROUTE	DISTANCE	PACE / TIME	FEEL
Mon 21				
Tue 22				
Wed 23				
Thu 24				
Fri 25				
Sat 26				
Sun 27				

WIN OF THE WEEK

WHAT GOT IN THE WAY

NEXT WEEK

HOW I'M FEELING

WEEK 07

28 Sep — 04 Oct 2026

WEEKLY TARGET

PLANNED

ACTUAL

RUN LOG

Record the run, not just the number.

DAY	RUN / ROUTE	DISTANCE	PACE / TIME	FEEL
Mon 28				
Tue 29				
Wed 30				
Thu 01				
Fri 02				
Sat 03				
Sun 04				

WIN OF THE WEEK

WHAT GOT IN THE WAY

NEXT WEEK

HOW I'M FEELING

WEEK 08

05 Oct — 11 Oct 2026

WEEKLY TARGET

PLANNED

ACTUAL

RUN LOG

Record the run, not just the number.

DAY	RUN / ROUTE	DISTANCE	PACE / TIME	FEEL
Mon 05				
Tue 06				
Wed 07				
Thu 08				
Fri 09				
Sat 10				
Sun 11				

WIN OF THE WEEK

WHAT GOT IN THE WAY

NEXT WEEK

HOW I'M FEELING

WEEK 09

12 Oct — 18 Oct 2026

WEEKLY TARGET

PLANNED

ACTUAL

RUN LOG

Record the run, not just the number.

DAY	RUN / ROUTE	DISTANCE	PACE / TIME	FEEL
Mon 12				
Tue 13				
Wed 14				
Thu 15				
Fri 16				
Sat 17				
Sun 18				

WIN OF THE WEEK

WHAT GOT IN THE WAY

NEXT WEEK

HOW I'M FEELING

WEEK 10

19 Oct — 25 Oct 2026

WEEKLY TARGET

PLANNED

ACTUAL

RUN LOG

Record the run, not just the number.

DAY	RUN / ROUTE	DISTANCE	PACE / TIME	FEEL
Mon 19				
Tue 20				
Wed 21				
Thu 22				
Fri 23				
Sat 24				
Sun 25				

WIN OF THE WEEK

WHAT GOT IN THE WAY

NEXT WEEK

HOW I'M FEELING

WEEK 11

26 Oct — 01 Nov 2026

WEEKLY TARGET

PLANNED

ACTUAL

RUN LOG

Record the run, not just the number.

DAY	RUN / ROUTE	DISTANCE	PACE / TIME	FEEL
Mon 26				
Tue 27				
Wed 28				
Thu 29				
Fri 30				
Sat 31				
Sun 01				

WIN OF THE WEEK

WHAT GOT IN THE WAY

NEXT WEEK

HOW I'M FEELING

WEEK 12

02 Nov — 08 Nov 2026

WEEKLY TARGET

PLANNED

ACTUAL

RUN LOG

Record the run, not just the number.

DAY	RUN / ROUTE	DISTANCE	PACE / TIME	FEEL
Mon 02				
Tue 03				
Wed 04				
Thu 05				
Fri 06				
Sat 07				
Sun 08				

WIN OF THE WEEK

WHAT GOT IN THE WAY

NEXT WEEK

HOW I'M FEELING

WEEK 13

09 Nov — 15 Nov 2026

WEEKLY TARGET

PLANNED

ACTUAL

RUN LOG

Record the run, not just the number.

DAY	RUN / ROUTE	DISTANCE	PACE / TIME	FEEL
Mon 09				
Tue 10				
Wed 11				
Thu 12				
Fri 13				
Sat 14				
Sun 15				

WIN OF THE WEEK

WHAT GOT IN THE WAY

NEXT WEEK

HOW I'M FEELING

WEEK 14

16 Nov — 22 Nov 2026

WEEKLY TARGET

PLANNED

ACTUAL

RUN LOG

Record the run, not just the number.

DAY	RUN / ROUTE	DISTANCE	PACE / TIME	FEEL
Mon 16				
Tue 17				
Wed 18				
Thu 19				
Fri 20				
Sat 21				
Sun 22				

WIN OF THE WEEK

WHAT GOT IN THE WAY

NEXT WEEK

HOW I'M FEELING

WEEK 15

23 Nov — 29 Nov 2026

WEEKLY TARGET

PLANNED

ACTUAL

RUN LOG

Record the run, not just the number.

DAY	RUN / ROUTE	DISTANCE	PACE / TIME	FEEL
Mon 23				
Tue 24				
Wed 25				
Thu 26				
Fri 27				
Sat 28				
Sun 29				

WIN OF THE WEEK

WHAT GOT IN THE WAY

NEXT WEEK

HOW I'M FEELING

WEEK 16

30 Nov — 06 Dec 2026

WEEKLY TARGET

PLANNED

ACTUAL

RUN LOG

Record the run, not just the number.

DAY	RUN / ROUTE	DISTANCE	PACE / TIME	FEEL
Mon 30				
Tue 01				
Wed 02				
Thu 03				
Fri 04				
Sat 05				
Sun 06				

WIN OF THE WEEK

WHAT GOT IN THE WAY

NEXT WEEK

HOW I'M FEELING

WEEK 17

07 Dec — 13 Dec 2026

WEEKLY TARGET

PLANNED

ACTUAL

RUN LOG

Record the run, not just the number.

DAY	RUN / ROUTE	DISTANCE	PACE / TIME	FEEL
Mon 07				
Tue 08				
Wed 09				
Thu 10				
Fri 11				
Sat 12				
Sun 13				

WIN OF THE WEEK

WHAT GOT IN THE WAY

NEXT WEEK

HOW I'M FEELING

WEEK 18

14 Dec — 20 Dec 2026

WEEKLY TARGET

PLANNED

ACTUAL

RUN LOG

Record the run, not just the number.

DAY	RUN / ROUTE	DISTANCE	PACE / TIME	FEEL
Mon 14				
Tue 15				
Wed 16				
Thu 17				
Fri 18				
Sat 19				
Sun 20				

WIN OF THE WEEK

WHAT GOT IN THE WAY

NEXT WEEK

HOW I'M FEELING

WEEK 19

21 Dec — 27 Dec 2026

WEEKLY TARGET

PLANNED

ACTUAL

RUN LOG

Record the run, not just the number.

DAY	RUN / ROUTE	DISTANCE	PACE / TIME	FEEL
Mon 21				
Tue 22				
Wed 23				
Thu 24				
Fri 25				
Sat 26				
Sun 27				

WIN OF THE WEEK

WHAT GOT IN THE WAY

NEXT WEEK

HOW I'M FEELING

WEEK 20

28 Dec — 03 Jan 2027

WEEKLY TARGET

PLANNED

ACTUAL

RUN LOG

Record the run, not just the number.

DAY	RUN / ROUTE	DISTANCE	PACE / TIME	FEEL
Mon 28				
Tue 29				
Wed 30				
Thu 31				
Fri 01				
Sat 02				
Sun 03				

WIN OF THE WEEK

WHAT GOT IN THE WAY

NEXT WEEK

HOW I'M FEELING

FINISH LINE

The final number matters. So does everything it took to get there.

TARGET

FINAL DISTANCE

TOTAL RUNS

LONGEST RUN

THE YEAR IN RUNNING

Look beyond the final number.

BIGGEST WIN

HARDEST MOMENT

RUN I WILL NEVER FORGET

WHAT I'M MOST PROUD OF

WHAT'S NEXT?

Carry the momentum into 2027.

NOTES

Keep the page open.

NOTES

Keep the page open.

