

Run Mileage Log - Oct '02 to Present						
	2002 Run Miles	2003 Run Miles	2004 Run Miles	2005 Run Miles	2006 Run Miles	2007 Run Miles
1 2nd week of Oct	34			18	15	0
2	40	40	10	35	0	0
3	35	45	27	12	0	0
4	38	40	0	36	0	0
5	32	46	0	38	0	0
6	50	47	0	20	0	0
7	31	50	14	22	0	1
8	51	50	28	36	2	6
9	41	57	32	36	10	11
10	51	52	20	42	10	9
11	51	32	4	54	7	1
12	10	52	2	60	24	7
13	55	62	1	56	12	9
14	55	23	1	50	0	7
15	51	46	1	30	0	
16	18	41	1	45	0	
17	52	41	0	64	0	
18	38	41	7	25	0	
19	58	41	20	22	0	
20	20	19	9	32	0	
21	52	61	22	40	6	
22	41	38	22	39	12	
23	14	45	32	49	20	
24	18	26	38	32	26	
25	8	32	45	47	25	
26	15	51	51	40	19	
27		47	50	51	3	
28		40	30	37	0	
29		30	46	39	0	
30		31	54	26	5	
31		30	46	21	9	
32		28	30	44	19	
33		23	41	16	22	
34		50	22	38	3	
35		36	52	39	0	
36		19	45	50	6	
37		41	31	35	6	
38		29	13	33	0	
39		43	34	36	3	
40		37	38	0	0	
41		27	39	18	0	
42		44	0	39	0	
43		46	0	40	0	
44		40	0	43	0	
45		30	0	21	0	
46		17	5	31	0	
47		28	1	24	0	
48	28	27	3	21	0	
49	35	30	7	19	0	
50	29	29	2	24	0	
51	41	29	12	21	0	
52 1st week of Oct	39	25	22	19	0	
TOTAL	1131	1934	1010	1764	262	51

Achilles and knee problems

No running due to heal stress fracture

Tibial Stress Fracture