

CORONADO ISLANDER CROSS COUNTRY TRAINING LOG 2009



The real purpose of running isn't to win a race; it's to test the limits of the human heart.

- *Bill Bowerman*

CORONADO ISLANDER

CROSS COUNTRY

TRAINING LOG

2009

Head Cross Country Coach – George Green

(619) 435-3633 H

(619) 319-0634 C

ggreen2@san.rr.com

Girls Cross Country Coach – Bill Davies

(619) 435-8404 H

(619) 244-4880 C

bdavies1@sbcglobal.net

Team Website:

www.Islandertrack.com

This Training Log belongs to: _____

Telephone: _____

CORONADO ISLANDER

CROSS COUNTRY

TRAINING LOG

2009

Partial List of Events/Invites *

- Week 1 – June 15 - June 21
- Week 2 – June 22 – June 28
- Week 3 – June 29 – July 5
- Week 4 – July 6 – July 12
- Week 5 – July 13 – July 19
- Week 6 – July 20 – July 26
- Week 7 – July 27 – August 2
- Week 8 – August 3 – August 9
- Week 9 – August 10 – August 16
- Week 10 – August 17 – August 23
- Week 11 – August 24 – August 30
- Week 12 – August 31 – September 6 (Wildcat XC Relay/Vaquero Invite/Wolfpack Invite)
- Week 13 – September 7 – September 13
- Week 14 - September 14 – September 20 (Woodbridge Invite/Mt. Carmel Invite)
- Week 15 – September 21 – September 27 (South Bay Invite/Stanford Invite/Mission Hills Night Invite)
- Week 16 – September 28 – October 4 (Saints Small School Invite/Mira Mesa JV Invite)
- Week 17 – October 5 – October 11 10/8 - Christian Dual Meet (Central Park Invite)
- Week 18 – October 12 – October 18 10/15 - Clairemont Dual Meet
- Week 19 – October 19 – October 25 10/22 - Lincoln Dual Meet (Mt. SAC Invite)
- Week 20 – October 26 – November 1 10/29 - Madison Dual Meet
- Week 21 – November 2 – November 8 11/5 – Crawford Dual Meet
- Week 22 – November 9 – November 15 11/12 - League Finals
- Week 23 – November 16 – November 22 11/21 - CIF San Diego Section Finals
- Week 24 – November 23 – November 30 11/28 - State Meet – Fresno

* The meets listed above in parentheses are some of the invitational meet possibilities for the upcoming season. Not all invitational meets/special events are listed here. The actual invitational meet schedule will be determined at a later date. In addition, there may be changes to the league dual meet schedule.

Coronado Islander Cross Country Training Log Introduction and Supplementary Information

Why You Should Keep a Training Log

There are several important reasons that a runner should keep a training log. Tracking workouts helps to ensure that an athlete is making progress towards his/her goals. For example, if an athlete sets a goal to run 500 miles over the summer, a log can help to motivate the runner to stay on track to reach that goal. A log is also a place to record both good days and bad, and to memorialize important personal achievements.

However, perhaps the most important reason to maintain a detailed training log is because it can be a helpful tool that enables an athlete and coach to evaluate “what is working”, and when it is time to make adjustments. Information such as changes in resting heart rate (see below re: waking pulse rate) and sleep patterns can also provide clues as to whether an athlete is becoming fitter/stronger, or is instead in need of a break.

Record information about your workouts in your training log every day. Make it a habit, just like brushing your teeth.

Why and How to Record Your Morning Pulse Rate

It is a good idea to check your resting pulse rate every morning before you get out of bed. Most people can check their heart rate by pressing their middle and index fingers firmly to their neck in the crease to either side of their windpipe, up under the chin. Count the “pulses” for 60 seconds to get your resting heart rate per minute (BPM, or beats per minute). Of course you can always count the beats for 30 seconds and multiply by two to calculate your BPM. It is important to check your pulse rate before you get out of bed or move around. Ideally, you should be able to turn your head slightly to see a clock or watch on your bedside table. Your routine should be the same every morning. The heart is a muscle, and over time, as an endurance athlete trains, it gets stronger and becomes more efficient at pumping blood. As its efficiency increases, fewer beats are required for the heart to do its job. However, certain factors such as fatigue and illness can cause a rise in an individual’s morning/waking BPM. For instance, let’s say that you have been recording your morning/waking heart rate in your training log, and it is typically 49 or 50 BPM. However, one morning you wake up and it is 55 BPM (about 10% higher than usual). This could be an early warning sign you are getting sick, are unusually tired, or just need to back-off a little in your training. In any event, monitoring your waking/morning pulse rate is one way that you can “listen to your body” and make adjustments to your workout plans, especially if your BPM remains elevated for more than a day or two.

Record the Number of Hours You Sleep

While it may seem obvious that your performance will suffer if you don't get enough sleep, sometimes it is easier to spot patterns when you record information about the hours you sleep in a log. For example, your log might show that on most nights during the summer you managed to get nine hours of sleep, and that on most days you felt "great". Then, after the start of the school year, your log starts to show that frequently you only slept for about seven and a half hours a day, and that there were more days when you felt poorly or fatigued before and after your workouts, even though you hadn't changed your mileage or the intensity of your workouts. This information could help you realize that maybe your body needs more sleep (i.e., closer to the nine hours a day you got during the summer). Also, feeling sleepy all the time, or a sudden change in sleep "needs" – sleeping for 10 hours when you usually feel great with eight - may be a sign that you are overtraining or need to make other adjustments to your routine.

Set a Goal for Each Week

The training log has a Weekly Summary page for each week of the season. At the end of each week you should use this section to summarize what you did over the past seven days. ***However, there is one thing that you should complete in the Weekly Summary section at the very beginning of each week, and that is to write down a goal for that week.*** The goal can be something simple, and might focus on training, competition, or something else you would like to accomplish. For instance, you might write that your goal one week is to "finish in the top 10 at the invitational race next Saturday", or "to do strength training on three days during the week", or "to complete one run of at least seven miles this week". At the end of the week, there is a place to record whether or not you accomplished your goal, and space to write down any general or specific comments about the week you just completed.

Other Things That You Can add to this Notebook

Periodically the coaches may send you an article about training, nutrition or about something else relating to your sport. For those things that you would like to keep for future reference, just punch three holes in the pages and add them to this notebook. Also, at the end of the season, print your personal performance page from <http://athletic.net/> so that you have a detailed record of how you performed this season.

Invest in a Good Pair of Running Shoes

Get a good pair of running shoes. A good pair of shoes sometimes makes the difference between spending time in the training room and running injury-free. You can purchase good shoes at many sporting goods stores, but two local stores, Road Runner Sports and Movin Shoes (see links below), are primarily "running specialty" stores. The people that work at these stores may be a little more likely to help you find the "right" shoe than someone that works at a general purpose sporting goods establishment. These stores also carry running apparel, watches, etc., and you should be able to get a 10% discount

at the time of your purchase by mentioning that you are a member of the CHS Cross Country Team.

<http://www.movinshoes.com/locations.html> - Movin Shoes - 3 area locations

<http://www.roadrunnersports.com/> - Roadrunner Sports – Kearny Mesa retail store and online

The Importance of Proper Nutrition

As endurance athletes, distance runners ask a lot of their bodies. Proper nutrition is essential not only to provide the fuel/energy needed to run a race or workout, but also to provide the building blocks the body requires to properly recover from strenuous efforts. On top of that, high school is a time when teenage bodies are undergoing significant changes. Poor nutrition can lead to fatigue, illness, injury, poor performance and a host of other problems. Therefore, it is absolutely critical that a high school cross country runner maintain a proper, well-balanced, diet in order to provide his/her body with the building blocks and energy needed to stay healthy and perform at its best. However, not only does a distance runner need to eat the “right stuff” (more of the healthy stuff and less “junk” food), but he/she also needs to make sure that adequate caloric intake is maintained. The fact that the nutritional requirements of high school distance runners are significantly more substantial than those of your average teenager can't be overemphasized.

The Importance of Proper Hydration

Cross country runners perspire a lot. Adequate fluid intake is essential, especially during the hot/dry months of summer and early fall. It is important to drink enough water throughout the day to stay properly hydrated. If you wait until you are thirsty to drink, you have probably waited too long. After particularly hard/hot efforts, sports drinks (“Gatorade”, “Powerade”, etc.) can help to replace the electrolytes lost through perspiration, although you may want to consider diluting these products with equal parts water since most are more concentrated than they need to be. Also, products such as “Smart Water” are electrolyte replacement alternatives to sweetened sports drinks.

How Much to Run Over the Summer

As Coach Green says on the team website, ***cross country championships are won in the summer, not in the fall.*** How much you run over the summer depends on many factors, including the number of years you have been running, whether you have been regularly participating in another/complementary sport (like soccer), and whether you participated in track in the spring. Where you start your summer training is an individual thing that should be determined based on conversations between you and your coach. Most of the top varsity boy cross country runners in the county will complete at least 500 miles during their first 12 weeks of training for cross country, starting in mid-June. The top varsity girls will generally run somewhat less, although there is at least one top

program in the county that uses a 500 mile training target for their top female runners. On the CHS girls team, there may be a couple of varsity runners that complete 400 – 500 miles from mid-June to mid-September; however, most will complete about half to two-thirds of that amount. As previously indicated, how much running you do should be based on an ongoing dialog with your coach.

Among the things to keep in mind with respect to your summer training:

1. We divide the season into several training phases, and most of the early summer is spent working up to a mileage base that will prepare you to handle the more strenuous workouts and racing in the fall.
2. How quickly you increase your mileage depends on your experience and current level of fitness. Those that recently completed the high school track season and took just a couple of weeks off may return to their previous training level fairly quickly. On the other hand, those that are new to high school cross country, or who didn't run track, or who just finished a long layoff require a more gradual mileage build-up in order to avoid injury. Each runner should work with his/her coach to develop an appropriate training plan.
3. In order to perform your best during the fall competitive season, by the middle of the summer, you should probably be training at least five days a week. Many of the varsity runners will train six days a week.
4. This point is for the cross country runners that also play club soccer. A soccer practice or game should generally be considered a running workout. Several studies have attempted to determine how far a soccer player typically runs during a match. One male midfielder was tracked during a World Cup game, and the study concluded that he completed about a 10K (6.2 miles) during the 90 minutes he was on the field. Similarly, published information indicates that the *average* heart rate for one member of the women's national soccer team was charted at 185-190 BPM for an entire 90 minute soccer game (an extraordinary statistic), although the same source states that perhaps a more typical heart rate would be in the 150-170 BPM range. Suffice it to say that while studies may indicate that "only" about a 10K is covered during a competitive 90 minute World Cup soccer match, if the heart rate data is anywhere close to accurate, the distance covered tells only part of the story because a typical 10K training run might elevate the heart rate for only a little more than half that duration, depending on pace. Accordingly, in most cases there really isn't a formula that you can apply to accurately equate a soccer game/practice to a cross country workout. There are just too many variables in soccer – stopping, starting, sprinting, jogging, walking, standing and even positional differences (e.g. - midfielders run a lot more than forwards or defenders). However, to help you roughly estimate the mileage you cover when playing soccer, we suggest that you divide your approximate playing time by a factor of 16. For instance, if you play 80 minutes in a soccer game, that would equate to 5 miles ($80 \div 16 = 5$). You can use a similar formula for

practices, but you'll need to eliminate any time you spend sitting, putting away goals, or listening to your coach to determine your "playing time" (which you then will divide by 16 to estimate mileage). While a soccer player may not complete as many miles (counting calculated soccer practice/game "mile-equivalents") as some of her/his non-soccer-playing cross country teammates, especially during the summer, much of the running she/he does do in soccer will be of a higher intensity or will result in an elevated heart rate for a longer period of time than a cross country teammate running the same number of miles. As a result, things sort of even out. For those that play club soccer, the intensity/length of your cross country workouts will be determined largely by what you have done in recent soccer practices/games. Too many hard days - be they soccer, cross country, or both, can be counter-productive, and may lead to injury. Accordingly, it is very important that you communicate with your cross country coach about what you have done at soccer so that your workouts can be coordinated appropriately.

5. By the end of July, try to ensure that three training days each week are set aside to complete the following "key workouts":
 - A long run consisting of 20% - 25% of your weekly mileage (e.g. – if weekly total will be 28 miles, this run would be roughly 6 to 8 miles). The run should be completed at a comfortable/easy pace. Completing the distance is more important than running fast.
 - A tempo or threshold run where 20 minutes of the workout is at a "comfortably hard". You should do at least a mile warmup before you start the tempo/threshold effort, and at least a mile cooldown afterwards.
 - A run where you include something to develop strength or speed – hills, stairs, running in soft sand, or something similar.

The remaining running days each week should consist primarily of aerobic or easy/recovery running, although including six to eight 100 meter strides at about 800 meter pace on one or two of these days is a good idea. Note that for those of you that play soccer, it may be that some weeks your soccer activities will be such that your running days should be primarily devoted to aerobic/recovery efforts since, in one form or another, you may have completed the objectives of the "key workouts" in soccer practices/games. Again, it is very important that those that play soccer communicate with the cross country coach to make sure that their combined training load remains reasonable.

6. Take advantage of the group training opportunities that are available to you during the summer, including:
 - Over much of the summer there will typically be once or twice weekly team runs, in many cases where we go across the bridge to get in a long run or work on hills. Near the end of the summer, we may meet more frequently. Check your email, the team website and the team message board frequently for info.
 - Consider going to a few San Diego Track Club Tuesday evening workouts at Balboa Park. They meet at Sixth and Laurel and get going at

5:30 PM. Hill workouts start mid-July. See the team website for more info.

- One of the most popular San Diego area high school summer running groups is the Patrick Henry Summer Running Series. These runs are scheduled at a different location each week, and begin at 8:00 AM. Different groups run anywhere from 45 to 90 minutes at easy to moderate paces. A link to the weekly schedule can be found on our team website.
- Organize your own group and run with your teammates. After a long day at the beach, it is sometimes hard to get out there and run on your own. Better yet, get your group out there to run first thing in the morning. Sometimes that is the best way to make sure you get it done.
- For those that would like to attend a summer running camp, ask your coach for more information. West Coast Road Runners holds a two day running camp in Poway in July. For more info, see the following link on SD Track Magazine:

<http://crowncity.com/sdtrackmag/2009CrossCountry/SummerStuff/2009WCRR.pdf>

Supplemental Training and Cross Training

A top American distance coach, Jack Daniels, PhD, spends quite a bit of time explaining the “Specificity of Training” principle in his book *Daniels’ Running Formula*. In short, this principle states that the system you stress during exercise is the one that stands to benefit the most from your efforts. This essentially means that in order for you to get better at an activity, you need to do that activity. And so it follows that you need to spend considerable time running in order to be the best distance runner you can be. That said, supplemental, non-running activities, have a place in a distance runner’s training program. While at first this might seem to violate the “Specificity of Training” principle, the operative word here is “supplemental”.

Supplemental, or “cross training”, activities can help a distance runner in several ways. For instance, aqua jogging, cycling or time spent on an elliptical trainer can help a runner maintain or improve cardio vascular fitness at times when it isn’t desirable (e.g. – already run enough miles that week) or possible (e.g. – in the event of injury) to run. Likewise, an appropriate strength training routine can help a distance runner avoid injury and develop “core strength” that may make it easier for the athlete to avoid injury and maintain proper form on hills and during the later stages of a race. Similarly, swimming can help with flexibility and strength, and some runners find that time spent in the water helps them to recover faster from hard running efforts, thereby enabling them to get back on the roads/trails/track sooner.

If a healthy runner is limited by time and has to choose between doing a scheduled run and doing a supplemental activity, in most instances, the run is generally the better of the two alternatives. However, especially during the summer pre-cross country season training period, incorporating scheduled supplemental workouts into your regular routine can be both enjoyable and beneficial.

Strength Training

Running is more of a “whole body” sport than most non-runners realize. Therefore, it is a good idea to make time to incorporate strength training into your routine at least two to three times a week, especially during the summer. You don’t have to belong to a gym, although that is certainly one option if you have a weight room available to you. Note that the kind of strength training that will make you a better runner isn’t the same as what a bodybuilder would do. It should be obvious that bodybuilders generally aren’t very fast cross country runners. The kind of exercises that will help you to be a better runner are those that make your “core” stronger, and those that build overall muscular endurance and flexibility. Three strength training options for you to consider are as follows:

1. Running Times General Strength Exercises, by Coach Jay Johnson. This is a progressive three-phase program, and a detailed list of the exercises in each routine are included in this notebook in the pages that follow. There are a couple of great things about this strength/flexibility training option. First, while the idea is to complete these exercises on a daily basis, it takes only 5 to 10 minutes to do so. Another great thing is that *Running Times* magazine has posted three videos online at <http://runningtimes.com/Print.aspx?articleID=16625> where Coach Johnson explains in detail how each exercise is properly done while one of his top athletes demonstrates by actually going through each routine. Coach Johnson also has another video demonstrating a basic “pedestal” (sometimes called “plank”) routine that can be viewed on the following Nike website: <http://insidenikerunning.nike.com/2008/09/30/general-strength-video-pedestal-routine/>. These exercises do not require any special equipment.
2. Alberto Salazar’s strength training plan (copy also included in the pages that follow) also focuses on building core strength, leg power, and on improving flexibility and openness in key muscles. As with the routines described above, this one does not require any special equipment.
3. For those that have access to a weight room (such as the one at Coronado Family Gym), the coaches can give you specific information about developing a circuit routine to help you efficiently develop strength-endurance in key muscle groups. Such a routine might involve doing one to three sets of 10-12 different exercises, with 12-15 repetitions for most of the exercises (although you might do more repetitions if you only have time to do one set of each exercise on a particular day). Very little rest is taken between each set, and between one exercise and the next. This kind of workout might take 20 to 40 minutes, depending on the number of exercises and sets performed on a particular day.

While a case can be made for performing the exercises listed in Johnson’s and Salazar’s routines on a daily basis, weight room work such as that described above in the third routine should generally be limited to only two or three days a week, on non-consecutive days. If done consistently, each of the three routines can help to build a stronger, more injury-resistant runner, although the first two options are better for improving flexibility

and range of motion. It may be that a combination of the three routines works best for you. However, since you have only a limited amount of time to train, especially during the school year, and because the most important training time you spend should be spent running (that old Specificity of Training principle), your strength training routine must be one that helps you run better/farther/faster, and not one that takes-up time that could be better-spent running.

Important Links and Places to Get Info and Stuff

The most important link: <http://islandertrack.com/>

This is the team website. Coach Green posts lots of important info here, so check the page frequently. The site has many important links, including:

<http://www.network54.com/Forum/162917/> - Team message board

<http://crowncity.com/sdtrackmag/> - Link to SD Track Magazine website (which Coach Green maintains)

<http://athletic.net/> - This is where you can track your performances and those of other runners all over the county and country. At the end of the season, print a copy of your personal performance page and stick it in this training log notebook.

<http://www.dyestatcal.com/> - The internet home of California High School Cross Country and Track and Field

There are also links to several other interesting/important websites, past results, and pictures on <http://islandertrack.com/>. Take some time to see what is there.

Final Thoughts

As with many things in life, to be a successful distance runner, you must have discipline, dedication and be self-motivated. If you want to be the best runner you can be, much of your training will be done on your own, especially during the summer. Unlike many other sports, in cross country, there typically won't be a coach standing on the sidelines watching your every move and yelling at you to run faster or work harder. Usually you'll have to push yourself. Be consistent in your training. Take pride in your workouts. Ask questions. Communicate with your coach.

If you do your best, whether or not you ever win a race, you'll be a success.

I will act now. I will act now. I will act now..... I will walk where failures fear to walk. I will work when failures seek rest. I will act now, for now is all I have. Tomorrow is the day reserved for the labor of the lazy. I am not lazy. Tomorrow is the day when the failure will succeed. I am not a failure. I will act now. Success will not wait. If I delay, success will become wed to another and lost to me forever. This is the time. This is the place. I am the person.

-Og Mandino

Video: General Strength Exercises, Phases 1-3

Adding a leg circuit, then leg lifts

By Jay Johnson
As featured in the Web Only issue of Running Times Magazine

Welcome to our video series on general strength for runners. Over the next several weeks, we'll unveil a progressive series of exercises that you can do at home that will help make you a stronger, faster, more efficient runner who is less susceptible to injury.

If you're familiar with the introductory text that follows, go to [Video #1](#) | [Video #2](#) | [Video #3](#) at:

<http://runningtimes.com/Print.aspx?articleID=16625>

Again, this is meant to be a progressive series. Start with the first video and master these exercises. When you can regularly do the first series without fatigue, then you can add the exercises in the second video, which are slightly more challenging. Once you can do all of the exercises shown in the first two videos, try to do them according to this schedule:

Week	Type of Day	Leg Circuit	Pedestal	Cooldown
Weeks 1-2	Easy Day			Myrtl
	Hard Day		Hold 20 sec. each, rest 2 min., repeat	Myrtl
Weeks 3-4	Easy Day		Hold 20 sec. each, rest 2 min., repeat	Myrtl
	Hard Day	LC #1	Hold 40 sec. each, no rest	Myrtl
Weeks 5-6	Easy Day		Hold 40 sec. each, no rest	Myrtl
	Hard Day	LC #1	5 x leg raises on each exercise	Cannonball

These exercises are best done daily, after training. But if you can't do them then, find another time during the day to set aside a few minutes for this routine. Your running body will thank you for the small investment in time these exercises ask.

Demonstrating the exercises is Sara Vaughn, who owns a 4:16 PR for 1500m.

The first video, which outlines the first phase of pedestal poses and the Myrtl routine. The second video features a leg circuit as well as a more challenging pedestal routine than the first video. The third video adds leg lifts to the pedestal routine and introduces the "Cannonball cooldown" routine. (Jazz fans will be happy to hear it's named for Cannonball Adderly.)

Jay Johnson blogs at CoachJayJohnson.com and works with athletes at RunnersCoach.com.

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Running Times General Strength Exercises

(By Coach Jay Johnson)

Phase 1 – (weeks 1 and 2)

(See video # 1 at <http://runningtimes.com/Print.aspx?articleID=16625>):

Pedestal Routine #1 (2 sets with 2 minutes rest between sets)

1. Prone position – 20 seconds
2. Lateral position left side – 20 seconds
3. Supine (belly button up) position – 20 seconds
4. Lateral position right side – 20 seconds

Note: Pedestal Routine #1 is also done on easy days in Phase 2

Also, for a shorter video where Coach Johnson uses a different athlete to demonstrate the basic Pedestal Routine, see the examples on the following pages and view the video at:

<http://insidenikerunning.nike.com/2008/09/30/general-strength-video-pedestal-routine/>

Myrtl Cooldown Routine

1. Clams – 10 x left side followed by 10 x right side
2. Lateral Leg Raise left side followed by same on right side – 4 reps each orientation (12 total each side)
 - a. Neutral toe orientation x 4
 - b. Toe-in orientation x 4
 - c. Toe-out orientation x 4
3. Donkey Kicks x 10 left leg followed by 10 right leg
4. Donkey Whips x 5 left leg followed by 5 right leg
5. Fire Hydrant x 10 left leg followed by 10 right leg
6. Knee Circles Forward x 10 left leg
7. Knee Circles Backward x 10 left leg
8. Knee Circles Forward x 10 right leg
9. Knee Circles Backward x 10 right leg
10. Hurdle Trail Leg Forward x 10 left leg
11. Hurdle Trail Leg Backward x 10 left leg
12. Hurdle Trail Leg Forward x 10 right leg
13. Hurdle Trail Leg Backward x 10 right leg
14. Lateral Leg Swing x 10 left leg followed by 10 right leg
15. Linear Leg Swing Straight Leg x 10 left leg followed by 10 right leg
16. Linear Leg Swing Bent Knee x 10 left leg followed by 10 right leg

Pictures illustrating the Pedestal and Myrtl exercises are on the pages that follow. While these are good reminders of how the exercises should be completed, be sure to view the videos to ensure you understand proper technique/execution.

Running Times General Strength Exercises

Phase 2 – (Weeks 3 and 4)

(See video # 2 at <http://runningtimes.com/Print.aspx?articleID=16625>):

Leg Circuit # 1 – (at end of hard runs)

1. Front Lunge x 5 left leg followed by 5 times right leg
2. Lateral Lunge to left 10 meters and then to right 10 meters
3. Single Leg Squat x 5 left leg followed by 5 x right leg (either variation)
4. Lateral Shuffle to left 20 meters and then to right 20 meters (fairly quickly)

Pedestal Routine #2 (done on hard days; 1 set, no rest)

1. Prone position – 40 seconds
2. Lateral position left side – 40 seconds
3. Supine (belly button up) position – 40 seconds
4. Lateral position right side – 40 seconds

Note: Pedestal Routine # 1 is done on easy days during Phase 2;

Pedestal Routine #2 is done on easy days in Phase 3

Running Times General Strength Exercises

Phase 3 – (after mastering Phases 1 and 2)

(See video # 3 at <http://runningtimes.com/Print.aspx?articleID=16625>):

Leg Circuit # 1 – (Same as Phase 2; at end of hard runs)

1. Front Lunge x 5 left leg followed by 5 times right leg
2. Lateral Lunge to left 10 meters and then to right 10 meters
3. Single Leg Squat x 5 left leg followed by 5 x right leg (either variation)
4. Lateral Shuffle to left 20 meters and then to right 20 meters (fairly quickly)

Pedestal Routine #3 (after mastering Pedestal Routine #2 – done on hard days)

1. Prone position left leg lift x 5 followed by right leg x 5
2. Lateral position left side – lift right leg 5 times
3. Supine (belly button up) position – left leg lift x 5 followed by right leg x 5
4. Lateral position right side – lift left leg 5 times

Variation on above: do with straight arm support instead of bent arm

Note: Pedestal Routine # 2 is done on easy days

Cannonball Cooldown Routine (longer cooldown done on hard days)

1. Donkey Kicks x 10 left leg followed by 10 x right leg
2. Scorpions x 20
3. Rockies x 5 (push-ups with a clap)
4. Donkey Whips x 5 left leg followed by 5 x right leg
5. Lower Body Crawl x 10
6. Iron Cross x 20 (opposite of scorpion)
7. Australian Crawl x 20 (low back exercise – omit if it bothers your back)
8. Lateral Pedestal left side – lift left leg 5 times then lift right leg 5 times
9. Groiners x 10
10. Hurdle Seat Exchange x 10
11. Quick Leg Cycle x 5 left leg followed by 5 x right leg (holding on to fence or pole)
12. Hurdle Trail Leg Forward x 5 each leg (holding on to fence or pole)
13. Hurdle Trail Leg Backward x 5 each leg (holding on to fence or pole)
14. Lateral Leg Swing x 10 each leg
15. Linear Leg Swing x 10 each leg (straight leg)

Note: Myrtl cooldown routine is done on easy days in Phase 3

Running Times General Strength Exercises

Illustrations of Exercises – Phase 1: Pedestal and Myrtle



Running Times General Strength Exercises

Illustrations of Exercises – Phase 1: Pedestal and Myrtle



Running Times General Strength Exercises

Illustrations of Exercises – Phase 1: Pedestal and Myrtl



Running Times General Strength Exercises

Illustrations of Exercises – Phase 1: Pedestal and Myrtle



Running Times General Strength Exercises

Illustrations of Exercises – Phase 1: Pedestal and Myrtle



Running Times General Strength Exercises

Illustrations of Exercises – Phase 1: Pedestal and Myrtle





Alberto Salazar's Training Plan

HOW TO USE THIS WORKOUT

Add this workout—which focuses on building core strength, leg power, and improving flexibility and openness in key muscles like the hips and hamstrings—to one or two of your weekly sessions at the gym. This regimen works well with any speed training (such as interval and tempo-run workouts) you're already doing to improve your running times.

If you're new to speed training, start when you've been consistently running 20 or more miles a week for at least 2 months. To avoid overtraining, be sure to allow adequate time for rest and recovery between workouts. If you're not enjoying half or more of your workouts or runs, that's a sign you're overdoing it—and risking burnout.

THE CORE STRENGTHENERS

CRUNCH

Good for: building strength in upper and lower abdominals

Lying on your back with your feet flat on the floor and knees together, place your hands behind your head. As you lift up into a crunch, lift your knees toward your nose, drawing your head and knees up and in, then lowering both your upper and lower body. If you can, don't let your feet touch the floor. Start with one or two sets of 25 crunches, resting for a few minutes in between each set. Build up to 100 crunches in one set.



SIDE UP

Good for: strengthening obliques

This move is best done with a partner who can stabilize your hips, legs, and feet. Start by lying on your right side, with your legs together, your knees bent, and your hips stacked. Place your hands behind your head and lift up straight toward your hip as far as you can, then lower to the floor. Build up to doing 20 side-ups on each side.



BACK RAISE

Good for: strengthening upper and lower back

Lying on your stomach with your legs close together, place your hands behind your head. Lift your upper body and your lower legs, holding for at least 2 seconds then releasing down to the floor. Build up to holding for 20 seconds.



STRAIGHT-LEG RAISE

Good for: strengthening the core, especially the lower abdominals

Start by lying on your back with your legs extended along the floor. Palms down, slide your hands under your butt for support. Slowly raise both legs together to about a 45-degree angle and then slowly lower them again, keeping your heels off the floor as you lower. Continue for 30 reps.





Alberto Salazar's Training Plan

THE FLEXIBILITY BUILDERS

LEG KICK

Good for: stretching glutes, hips, hamstrings; side-to-side movement stretches abductor and adductor muscles

Hold onto something stable like a wall or tree. From a standing position, kick your right leg forward as high as you can. As it comes back, bend the knee and kick your foot toward your butt. Keep moving at a fast pace, kicking forward and backward, building up to 20 repetitions. Repeat on your left leg. Next, kick your right leg out to your right side and then across your body (side to side), building up to 20 repetitions. Repeat with your left leg.



SCISSORS KICK

Good for: stretching glutes, hips, hamstrings; side-to-side movement stretches abductor and adductor muscles

Start by lying on your back with your legs in the air. Using the strength of your arms, push your upper body up so it's supported by your hands and you're resting on the back of your head, shoulders, and the backs of your upper arms; your low back is supported by your hands. Begin by dropping your left leg down toward the floor while the right leg stays perpendicular to the floor. Then switch legs, quickly alternating as one leg drops back and the other stays upright. Repeat for about 90 seconds, changing directions every 15 seconds from lowering and raising each leg to opening the legs wide and crossing them in front, alternating which leg is on top.



HIP CIRCLE

Good for: increasing flexibility and range of motion in the hips and thighs

Stand with feet shoulder-width apart or a little wider and place your hands on your hips. Start to move your hips in big, controlled circles so you feel a stretch in the hips, buttocks, hamstrings, and abductor and adductor leg muscles. Continue for 15 full circles in each direction.



WALL HURDLE

Good for: increasing flexibility and range of motion in the hips and thighs

Stand with your feet hip-width apart and place your hands at shoulder-width and height against a sturdy object such as a tree or wall. Imagine there is a hurdle about 3 feet high next to you on each side. Lift your right leg behind you, then make a large circle forward as if you were clearing the top of the hurdle. Continue for 25 reps on each side.





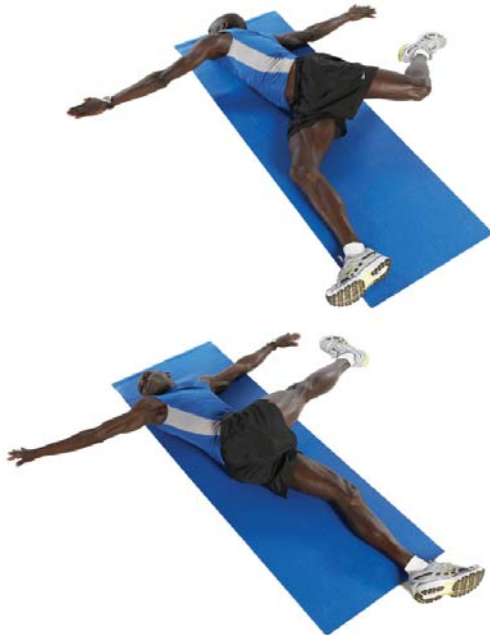
Alberto Salazar's Training Plan

THE FLEXIBILITY BUILDERS (continued)

EAGLE

Good for: improving flexibility in the side muscles, hips, buttocks, hamstrings, and quadriceps

Start by lying facedown on a mat, legs together and arms spread out at shoulder height, palms down, so your body forms a T. Kick your left foot to the right to reach it as close to your right hand as possible, allowing your left hip to roll up to enhance the stretch. Return to the center and kick to the right with your left leg. Continue for two sets of 10 reps. Turn over onto your back and repeat the move, kicking your right foot as close to your left hand as you can, and then your left foot toward your right hand. Continue for two sets of 10 reps.



QUAD STRETCH

Good for: releasing tightness in the quadriceps

From a standing position, shift your weight into your left leg and bend your right foot behind you, grabbing the top of your right foot with your right hand. Gently press your foot toward your butt until you feel a stretch in the front of your right thigh. Keep your right knee pointing straight down and bend your left knee slightly. Hold a chair or wall if you need support. Hold for up to 15 seconds, then release your right foot to the floor and repeat on the left side. Do two to three repetitions on each leg.



CALF STRETCH

Good for: releasing tightness in the calves

From a standing position, take a big step forward with your left leg, bending into the left knee and keeping the right leg straight and pressing the right heel down. (Adjust your stance as needed until you feel a stretch in the calf of your right leg.) Keep both feet pointing forward. Hold for up to 15 seconds, then repeat with your right leg forward, feeling the stretch in your left calf. Do two to three repetitions on each leg.



HAMSTRINGS STRETCH

Good for: increasing flexibility in hamstrings

Start by lying on your back with your legs together and extended along the floor. Raise your straight right leg and, using both hands, pull the leg gently toward your body. Keep your left leg flat on the floor. Hold the stretch for up to 15 seconds, and then repeat on the left leg (giving your right leg a 15-second rest at the same time). Repeat three times.





Alberto Salazar's Training Plan

THE FLEXIBILITY BUILDERS (continued)

SEATED TWIST

Good for: stretching hips, IT band, lower and upper back, neck and hips
Sit tall with both legs extended flat on the floor in front of you. Bend your right knee and cross your right leg over your left so the right foot is flat on the floor on the outside of your left leg. Place your right hand on the floor behind your right hip for support. Place your left hand on your left knee, pressing your right knee to the left with the back of your left arm. Twist your upper body and head toward the right. Hold for a count of 20 on each side and do two sets on each side.



GROIN STRETCH

Good for: stretching hips, IT band, lower and upper back, neck and hips
In a sitting position, place the soles of your feet together and hold your ankles. Use your forearms to press down on your legs and knees to increase the stretch in your groin. Hold for 15 seconds, then rest for 15 to 20 seconds. Repeat for a total of three times.



KNEE-TO-CHEST GLUTES STRETCH

Good for: stretching the buttocks
Lying on your back, bend your left knee, lace your fingers together and grasp your left leg just below the knee. Draw your left knee into your chest as far as you can, or until you feel a stretch in your glutes. Hold for 15 seconds, then switch legs and repeat. Do three reps on each side.





Alberto Salazar's Training Plan

THE SPEED BUILDERS

SINGLE-LEG SQUAT

Good for: leg strength, quadriceps flexibility
Starting in a standing position, bend your right foot behind you as you reach back with your right hand to grab the top of your right foot. Bend into the left knee slowly, lowering as far as you can and then coming back up again. Repeat 10 times on each leg, completing three sets.



CALF RAISE

Good for: strengthening and stretching calves
Stand at the edge of a step so your heels are off the back of the step. (Hold onto something sturdy if you need help balancing.) Lower your heels below the level of the step, letting the heels drop down as far as possible, then raise your heels so you're on your toes as high as you can go. Continue to raise and lower your heels using a slow, controlled motion. Complete 10 repetitions. Do two to three sets.



ANKLE FLIP

Good for: strengthening ankles; improving foot speed
Standing comfortably with your body relaxed, quickly and lightly jump in place. Use the full range of motion in your ankles with each jump by landing on your toes and rolling down to your heels briefly, then reversing the movement. Keep your jumps at a relatively fast pace and low to the ground. Continue for 10 repetitions. Do two to three sets.



ROCKET JUMP

Good for: leg strength
Start in a squatting position, then thrust your arms upward as you jump as high as you can. Land with your knees bent in a squat and immediately jump up again. Repeat for two sets of 10 jumps.





Alberto Salazar's Training Plan

THE SPEED BUILDERS (continued)

STANDING BROAD JUMP

Good for: increasing stride length, explosiveness of quadriceps, leg strength

From a standing position, bend into a squat as you use your arms and legs to propel you forward, jumping as high and as far as you can. Land with bent knees, ready to jump again. Repeat for two sets of 10 jumps.



BOX JUMP

Good for: leg strength, footwork speed

Standing in front of a box, the bottom stair of a staircase, a step bench, or any other sturdy, immobile platform, jump up with both feet onto the edge of the platform. Then jump back down, again with both feet. Repeat at a very fast pace for three sets of 10 jumps each.



KARAOKE

Good for: flexibility, range of motion in hips

As you move sideways at a fast pace, alternately cross one foot in front of the other for 100 feet in one direction. Be sure to bring the rear foot forward as far as you can. Repeat in the reverse direction for the same distance, moving quickly throughout. That completes one set; repeat for a total of three sets.





Alberto Salazar's Training Plan

THE SPEED BUILDERS (continued)

BACKWARDS RUNNING

Good for: flexibility, range of motion in hips

This move is the exact opposite of running forward: As you run backwards, kick each foot back up toward your butt and out behind you before the foot hits the ground. Run for 40 yards, building up to four repetitions.



HIGH KNEE LIFT

Good for: flexibility, range of motion in hamstrings

As you run, alternately lift each knee to at least above waist level, moving as fast as you can. Repeat for three sets of 100 feet each.



BUTT KICK

Good for: flexibility, range of motion in quadriceps

As you run, try to quickly kick your butt with each heel while at the same time keeping your knee consistently pointing straight down towards the ground. Move at a fast pace and repeat for three sets of 100 feet each.



Week 1

June 15, 2009 - June 21, 2009

Monday

Be Sure to Write-Down Your Goals Where Indicated on the Summary Page for This Week

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5

	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 1

June 15, 2009 - June 21, 2009

Tuesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):
Bad 1 2 Average 3 4 Great 5

How I felt after the workout (circle):
Bad 1 2 Average 3 4 Great 5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):
Very Easy 1 2 Moderate 3 4 Very Hard 5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 1 June 15, 2009 - June 21, 2009

Wednesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 1 June 15, 2009 - June 21, 2009

Thursday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 1 June 15, 2009 - June 21, 2009

Friday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 1 June 15, 2009 - June 21, 2009

Saturday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 1 June 15, 2009 - June 21, 2009

Sunday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 1 June 15, 2009 - June 21, 2009

Weekly Summary

How I rate this week (on average):

Poor		Average		Great
1	2	3	4	5

Average resting heart rate this week (BPM) _____

Explain why I rated the week the way I did: _____

Training/Racing Goal(s) for This Week	Goal Met?	
	Yes	No

Running/Activity	# Days This Week	# of "Hard" Days
Weekly Recap		
Aerobic run		
Recovery run		
Hills/Steps		
Tempo run		
Intervals/Fartlek		
Speed		
Race		
Strength Training		
Swimming		
Elliptical		
Cycling		
Soccer		
Other		

Week-to-Date
Season-to-Date

Minutes Recap	Mileage Recap

Other Comments: _____

Write-Down Your Training/Racing Goals on the Summary Page for the Next Week Now!

Week 2

June 22, 2009 - June 28, 2009

Monday

Be Sure to Write-Down Your Goals Where Indicated on the Summary Page for This Week

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5

	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 2

June 22, 2009 - June 28, 2009

Tuesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):
Bad 1 2 Average 3 4 Great 5

How I felt after the workout (circle):
Bad 1 2 Average 3 4 Great 5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):
Very Easy 1 2 Moderate 3 4 Very Hard 5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 2 June 22, 2009 - June 28, 2009

Wednesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 2

June 22, 2009 - June 28, 2009

Thursday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 2 June 22, 2009 - June 28, 2009

Friday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 2

June 22, 2009 - June 28, 2009

Saturday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 2

June 22, 2009 - June 28, 2009

Sunday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 2

June 22, 2009 - June 28, 2009

Weekly Summary

How I rate this week (on average):

Poor			Average		Great
1	2	3	4	5	

Average resting heart rate this week (BPM) _____

Explain why I rated the week the way I did: _____

Training/Racing Goal(s) for This Week	Goal Met?	
	Yes	No

Running/Activity Weekly Recap	# Days This Week	# of "Hard" Days
Aerobic run		
Recovery run		
Hills/Steps		
Tempo run		
Intervals/Fartlek		
Speed		
Race		
Strength Training		
Swimming		
Elliptical		
Cycling		
Soccer		
Other		

Week-to-Date
Season-to-Date

Minutes Recap	Mileage Recap

Other Comments: _____

Write-Down Your Training/Racing Goals on the Summary Page for the Next Week Now!

Week 3

June 29, 2009 - July 5, 2009

Monday

Be Sure to Write-Down Your Goals Where Indicated on the Summary Page for This Week

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5

	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 3

June 29, 2009 - July 5, 2009

Tuesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):

	Bad		Average		Great
	1	2	3	4	5

How I felt after the workout (circle):

	Bad		Average		Great
	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):

	Very Easy		Moderate		Very Hard
	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 3 June 29, 2009 - July 5, 2009

Wednesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 3 June 29, 2009 - July 5, 2009

Thursday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 3 June 29, 2009 - July 5, 2009

Friday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 3

June 29, 2009 - July 5, 2009

Saturday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 3

June 29, 2009 - July 5, 2009

Sunday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 3

June 29, 2009 - July 5, 2009

Weekly Summary

How I rate this week (on average):

Poor			Average		Great
1	2	3	4	5	

Average resting heart rate this week (BPM) _____

Explain why I rated the week the way I did: _____

Training/Racing Goal(s) for This Week	Goal Met?	
	Yes	No

Running/Activity Weekly Recap	# Days This Week	# of "Hard" Days
Aerobic run		
Recovery run		
Hills/Steps		
Tempo run		
Intervals/Fartlek		
Speed		
Race		
Strength Training		
Swimming		
Elliptical		
Cycling		
Soccer		
Other		

Week-to-Date
Season-to-Date

Minutes Recap	Mileage Recap

Other Comments: _____

Write-Down Your Training/Racing Goals on the Summary Page for the Next Week Now!

Week 4

July 6, 2009 - July 12, 2009

Monday

Be Sure to Write-Down Your Goals Where Indicated on the Summary Page for This Week

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5

	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 4

July 6, 2009 - July 12, 2009

Tuesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):

	Bad		Average		Great
	1	2	3	4	5

How I felt after the workout (circle):

	Bad		Average		Great
	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):

	Very Easy		Moderate		Very Hard
	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 4 July 6, 2009 - July 12, 2009

Wednesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 4 July 6, 2009 - July 12, 2009

Thursday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 4 July 6, 2009 - July 12, 2009

Friday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):

	Bad		Average		Great
	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):

	Very Easy		Moderate		Very Hard
	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 4 July 6, 2009 - July 12, 2009

Saturday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):

Bad			Average		Great
1	2	3	4	5	
Bad			Average		Great
1	2	3	4	5	

How I felt after the workout (circle):

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):

Very Easy			Moderate		Very Hard
1	2	3	4	5	

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 4 July 6, 2009 - July 12, 2009

Sunday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 4 July 6, 2009 - July 12, 2009

Weekly Summary

How I rate this week (on average):

Poor
Average
Great

1
2
3
4
5

Average resting heart rate this week (BPM) _____

Explain why I rated the week the way I did: _____

Training/Racing Goal(s) for This Week	Goal Met?	
	Yes	No

Running/Activity Weekly Recap	# Days This Week	# of "Hard" Days
Aerobic run		
Recovery run		
Hills/Steps		
Tempo run		
Intervals/Fartlek		
Speed		
Race		
Strength Training		
Swimming		
Elliptical		
Cycling		
Soccer		
Other		

Week-to-Date
Season-to-Date

Minutes Recap	Mileage Recap

Other Comments: _____

Write-Down Your Training/Racing Goals on the Summary Page for the Next Week Now!

Week 5

July 13, 2009 - July 19, 2009

Monday

Be Sure to Write-Down Your Goals Where Indicated on the Summary Page for This Week

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5

	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 5

July 13, 2009 - July 19, 2009

Tuesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):

	Bad		Average		Great
	1	2	3	4	5

How I felt after the workout (circle):

	Bad		Average		Great
	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):

	Very Easy		Moderate		Very Hard
	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 5 July 13, 2009 - July 19, 2009

Wednesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 5

July 13, 2009 - July 19, 2009

Thursday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):

	Bad		Average		Great
	1	2	3	4	5

How I felt after the workout (circle):

	Bad		Average		Great
	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):

	Very Easy		Moderate		Very Hard
	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 5 July 13, 2009 - July 19, 2009

Friday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 5 July 13, 2009 - July 19, 2009

Saturday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 5 July 13, 2009 - July 19, 2009

Sunday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):

Bad		Average		Great
1	2	3	4	5
Bad		Average		Great
1	2	3	4	5

How I felt after the workout (circle):

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):

Very Easy		Moderate		Very Hard
1	2	3	4	5

	Minutes	Miles
Daily Total	<input type="text"/>	<input type="text"/>
Week-to-Date	<input type="text"/>	<input type="text"/>
Season-to-Date	<input type="text"/>	<input type="text"/>

Other Comments: _____

Week 5 July 13, 2009 - July 19, 2009

Weekly Summary

How I rate this week (on average):

Poor			Average		Great
1	2	3	4	5	

Average resting heart rate this week (BPM) _____

Explain why I rated the week the way I did: _____

Training/Racing Goal(s) for This Week	Goal Met?	
	Yes	No

Running/Activity Weekly Recap	# Days This Week	# of "Hard" Days
Aerobic run		
Recovery run		
Hills/Steps		
Tempo run		
Intervals/Fartlek		
Speed		
Race		
Strength Training		
Swimming		
Elliptical		
Cycling		
Soccer		
Other		

Week-to-Date
Season-to-Date

Minutes Recap	Mileage Recap

Other Comments: _____

Write-Down Your Training/Racing Goals on the Summary Page for the Next Week Now!

Week 6

July 20, 2009 - July 26, 2009

Monday

Be Sure to Write-Down Your Goals Where Indicated on the Summary Page for This Week

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5

	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 6

July 20, 2009 - July 26, 2009

Tuesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):

	Bad		Average		Great
	1	2	3	4	5

How I felt after the workout (circle):

	Bad		Average		Great
	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):

	Very Easy		Moderate		Very Hard
	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 6 July 20, 2009 - July 26, 2009

Wednesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 6

July 20, 2009 - July 26, 2009

Thursday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 6

July 20, 2009 - July 26, 2009

Friday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 6

July 20, 2009 - July 26, 2009

Saturday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 6

July 20, 2009 - July 26, 2009

Sunday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 6

July 20, 2009 - July 26, 2009

Weekly Summary

How I rate this week (on average):

Poor			Average		Great
1	2	3	4	5	

Average resting heart rate this week (BPM) _____

Explain why I rated the week the way I did: _____

Training/Racing Goal(s) for This Week	Goal Met?	
	Yes	No

Running/Activity Weekly Recap	# Days This Week	# of "Hard" Days
Aerobic run		
Recovery run		
Hills/Steps		
Tempo run		
Intervals/Fartlek		
Speed		
Race		
Strength Training		
Swimming		
Elliptical		
Cycling		
Soccer		
Other		

Week-to-Date
Season-to-Date

Minutes Recap	Mileage Recap

Other Comments: _____

Write-Down Your Training/Racing Goals on the Summary Page for the Next Week Now!

Week 7

July 27, 2009 - August 2, 2009

Monday

Be Sure to Write-Down Your Goals Where Indicated on the Summary Page for This Week

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5

	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 7

July 27, 2009 - August 2, 2009

Tuesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5

	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 7 July 27, 2009 - August 2, 2009

Wednesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 7 July 27, 2009 - August 2, 2009

Thursday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 7 July 27, 2009 - August 2, 2009

Friday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):

	Bad		Average		Great
	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):

	Very Easy		Moderate		Very Hard
	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 7 July 27, 2009 - August 2, 2009

Saturday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 7 July 27, 2009 - August 2, 2009

Sunday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 7

July 27, 2009 - August 2, 2009

Weekly Summary

How I rate this week (on average):

Poor			Average		Great
1	2	3	4	5	

Average resting heart rate this week (BPM) _____

Explain why I rated the week the way I did: _____

Training/Racing Goal(s) for This Week	Goal Met?	
	Yes	No

Running/Activity Weekly Recap	# Days This Week	# of "Hard" Days
Aerobic run		
Recovery run		
Hills/Steps		
Tempo run		
Intervals/Fartlek		
Speed		
Race		
Strength Training		
Swimming		
Elliptical		
Cycling		
Soccer		
Other		

Week-to-Date
Season-to-Date

Minutes Recap	Mileage Recap

Other Comments: _____

Write-Down Your Training/Racing Goals on the Summary Page for the Next Week Now!

Week 8

August 3, 2009 - August 9, 2009

Monday

Be Sure to Write-Down Your Goals Where Indicated on the Summary Page for This Week

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):
Bad 1 2 Average 3 4 Great 5

How I felt after the workout (circle):
Bad 1 2 Average 3 4 Great 5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):
Very Easy 1 2 Moderate 3 4 Very Hard 5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 8

August 3, 2009 - August 9, 2009

Tuesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):

	Bad		Average		Great
	1	2	3	4	5

How I felt after the workout (circle):

	Bad		Average		Great
	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):

	Very Easy		Moderate		Very Hard
	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 8

August 3, 2009 - August 9, 2009

Wednesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 8

August 3, 2009 - August 9, 2009

Thursday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 8

August 3, 2009 - August 9, 2009

Friday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 8

August 3, 2009 - August 9, 2009

Saturday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 8

August 3, 2009 - August 9, 2009

Sunday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 8

August 3, 2009 - August 9, 2009

Weekly Summary

How I rate this week (on average):

Poor			Average		Great
1	2	3	4	5	

Average resting heart rate this week (BPM) _____

Explain why I rated the week the way I did: _____

Training/Racing Goal(s) for This Week	Goal Met?	
	Yes	No

Running/Activity Weekly Recap	# Days This Week	# of "Hard" Days
Aerobic run		
Recovery run		
Hills/Steps		
Tempo run		
Intervals/Fartlek		
Speed		
Race		
Strength Training		
Swimming		
Elliptical		
Cycling		
Soccer		
Other		

Week-to-Date
Season-to-Date

Minutes Recap	Mileage Recap

Other Comments: _____

Write-Down Your Training/Racing Goals on the Summary Page for the Next Week Now!

Week 9

August 10, 2009 - August 16, 2009

Monday

Be Sure to Write-Down Your Goals Where Indicated on the Summary Page for This Week

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5

	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 9

August 10, 2009 - August 16, 2009

Tuesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):

	Bad		Average		Great
	1	2	3	4	5

How I felt after the workout (circle):

	Bad		Average		Great
	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):

	Very Easy		Moderate		Very Hard
	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 9

August 10, 2009 - August 16, 2009

Wednesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 9

August 10, 2009 - August 16, 2009

Thursday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 9

August 10, 2009 - August 16, 2009

Friday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 9

August 10, 2009 - August 16, 2009

Saturday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 9

August 10, 2009 - August 16, 2009

Sunday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 9

August 10, 2009 - August 16, 2009

Weekly Summary

How I rate this week (on average):

Poor			Average		Great
1	2	3	4	5	

Average resting heart rate this week (BPM) _____

Explain why I rated the week the way I did: _____

Training/Racing Goal(s) for This Week	Goal Met?	
	Yes	No

Running/Activity Weekly Recap	# Days This Week	# of "Hard" Days
Aerobic run		
Recovery run		
Hills/Steps		
Tempo run		
Intervals/Fartlek		
Speed		
Race		
Strength Training		
Swimming		
Elliptical		
Cycling		
Soccer		
Other		

Week-to-Date
Season-to-Date

Minutes Recap	Mileage Recap

Other Comments: _____

Write-Down Your Training/Racing Goals on the Summary Page for the Next Week Now!

Week 10

August 17, 2009 - August 23, 2009

Monday

Be Sure to Write-Down Your Goals Where Indicated on the Summary Page for This Week

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5

	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 10

August 17, 2009 - August 23, 2009

Tuesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):

	Bad		Average		Great
	1	2	3	4	5

How I felt after the workout (circle):

	Bad		Average		Great
	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):

	Very Easy		Moderate		Very Hard
	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 10 August 17, 2009 - August 23, 2009

Wednesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):

Bad			Average		Great
1	2	3	4	5	
Bad			Average		Great
1	2	3	4	5	

How I felt after the workout (circle):

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):

Very Easy			Moderate		Very Hard
1	2	3	4	5	

Daily Total	Minutes	Miles
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 10 August 17, 2009 - August 23, 2009

Thursday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 10 August 17, 2009 - August 23, 2009

Friday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 10 August 17, 2009 - August 23, 2009

Saturday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):

Bad			Average		Great
1	2	3	4	5	
Bad			Average		Great
1	2	3	4	5	

How I felt after the workout (circle):

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):

Very Easy			Moderate		Very Hard
1	2	3	4	5	

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 10 August 17, 2009 - August 23, 2009

Sunday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):

Bad			Average		Great
1	2	3	4	5	
Bad			Average		Great
1	2	3	4	5	

How I felt after the workout (circle):

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):

Very Easy			Moderate		Very Hard
1	2	3	4	5	

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 10 August 17, 2009 - August 23, 2009

Weekly Summary

How I rate this week (on average):

Poor			Average		Great
1	2	3	4	5	

Average resting heart rate this week (BPM) _____

Explain why I rated the week the way I did: _____

Training/Racing Goal(s) for This Week	Goal Met?	
	Yes	No

Running/Activity Weekly Recap	# Days This Week	# of "Hard" Days
Aerobic run		
Recovery run		
Hills/Steps		
Tempo run		
Intervals/Fartlek		
Speed		
Race		
Strength Training		
Swimming		
Elliptical		
Cycling		
Soccer		
Other		

Week-to-Date
Season-to-Date

Minutes Recap	Mileage Recap

Other Comments: _____

Write-Down Your Training/Racing Goals on the Summary Page for the Next Week Now!

Week 11

August 24, 2009 - August 30, 2009

Monday

Be Sure to Write-Down Your Goals Where Indicated on the Summary Page for This Week

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):
Bad 1 2 Average 3 4 Great 5

How I felt after the workout (circle):
Bad 1 2 Average 3 4 Great 5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):
Very Easy 1 2 Moderate 3 4 Very Hard 5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 11

August 24, 2009 - August 30, 2009

Tuesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):

	Bad		Average		Great
	1	2	3	4	5

How I felt after the workout (circle):

	Bad		Average		Great
	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):

	Very Easy		Moderate		Very Hard
	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 11 August 24, 2009 - August 30, 2009

Wednesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):

Bad			Average		Great
1	2	3	4	5	
Bad			Average		Great
1	2	3	4	5	

How I felt after the workout (circle):

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):

Very Easy			Moderate		Very Hard
1	2	3	4	5	

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 11 August 24, 2009 - August 30, 2009

Thursday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):

Bad			Average		Great
1	2	3	4	5	
Bad			Average		Great
1	2	3	4	5	

How I felt after the workout (circle):

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):

Very Easy			Moderate		Very Hard
1	2	3	4	5	

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 11 August 24, 2009 - August 30, 2009

Friday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 11 August 24, 2009 - August 30, 2009

Saturday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):

Bad		Average		Great
1	2	3	4	5
Bad		Average		Great
1	2	3	4	5

How I felt after the workout (circle):

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):

Very Easy		Moderate		Very Hard
1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 11 August 24, 2009 - August 30, 2009

Sunday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):

Bad			Average		Great
1	2	3	4	5	
Bad			Average		Great
1	2	3	4	5	

How I felt after the workout (circle):

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):

Very Easy			Moderate		Very Hard
1	2	3	4	5	

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 11 August 24, 2009 - August 30, 2009

Weekly Summary

How I rate this week (on average):

Poor			Average		Great
1	2	3	4	5	

Average resting heart rate this week (BPM) _____

Explain why I rated the week the way I did: _____

Training/Racing Goal(s) for This Week	Goal Met?	
	Yes	No

Running/Activity Weekly Recap	# Days This Week	# of "Hard" Days
Aerobic run		
Recovery run		
Hills/Steps		
Tempo run		
Intervals/Fartlek		
Speed		
Race		
Strength Training		
Swimming		
Elliptical		
Cycling		
Soccer		
Other		

Week-to-Date
Season-to-Date

Minutes Recap	Mileage Recap

Other Comments: _____

Write-Down Your Training/Racing Goals on the Summary Page for the Next Week Now!

Week 12

August 31, 2009 - September 6, 2009

Monday

Be Sure to Write-Down Your Goals Where Indicated on the Summary Page for This Week

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):
Bad 1 2 Average 3 4 Great 5

How I felt after the workout (circle):
Bad 1 2 Average 3 4 Great 5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):
Very Easy 1 2 Moderate 3 4 Very Hard 5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 12 August 31, 2009 - September 6, 2009

Tuesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 12 August 31, 2009 - September 6, 2009

Wednesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 12 August 31, 2009 - September 6, 2009

Thursday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 12 August 31, 2009 - September 6, 2009

Friday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 12 August 31, 2009 - September 6, 2009

Saturday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):

Bad		Average		Great
1	2	3	4	5
Bad		Average		Great
1	2	3	4	5

How I felt after the workout (circle):

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):

Very Easy		Moderate		Very Hard
1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 12 August 31, 2009 - September 6, 2009

Sunday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 12 August 31, 2009 - September 6, 2009

Weekly Summary

How I rate this week (on average):

Poor			Average		Great
1	2	3	4	5	

Average resting heart rate this week (BPM) _____

Explain why I rated the week the way I did: _____

Training/Racing Goal(s) for This Week	Goal Met?	
	Yes	No

Running/Activity Weekly Recap	# Days This Week	# of "Hard" Days
Aerobic run		
Recovery run		
Hills/Steps		
Tempo run		
Intervals/Fartlek		
Speed		
Race		
Strength Training		
Swimming		
Elliptical		
Cycling		
Soccer		
Other		

Week-to-Date
Season-to-Date

Minutes Recap	Mileage Recap

Other Comments: _____

Write-Down Your Training/Racing Goals on the Summary Page for the Next Week Now!

Week 13

September 7, 2009 - September 13, 2009

Monday

Be Sure to Write-Down Your Goals Where Indicated on the Summary Page for This Week

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5

	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 13

September 7, 2009 - September 13, 2009

Tuesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):

	Bad		Average		Great
	1	2	3	4	5

How I felt after the workout (circle):

	Bad		Average		Great
	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):

	Very Easy		Moderate		Very Hard
	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 13 September 7, 2009 - September 13, 2009

Wednesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 13 September 7, 2009 - September 13, 2009

Thursday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 13 September 7, 2009 - September 13, 2009

Friday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 13 September 7, 2009 - September 13, 2009

Saturday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 13 September 7, 2009 - September 13, 2009

Sunday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 13 September 7, 2009 - September 13, 2009

Weekly Summary

How I rate this week (on average):

Poor		Average		Great
1	2	3	4	5

Average resting heart rate this week (BPM) _____

Explain why I rated the week the way I did: _____

Training/Racing Goal(s) for This Week	Goal Met?	
	Yes	No

Running/Activity Weekly Recap	# Days This Week	# of "Hard" Days
Aerobic run		
Recovery run		
Hills/Steps		
Tempo run		
Intervals/Fartlek		
Speed		
Race		
Strength Training		
Swimming		
Elliptical		
Cycling		
Soccer		
Other		

Week-to-Date
Season-to-Date

Minutes Recap	Mileage Recap

Other Comments: _____

Write-Down Your Training/Racing Goals on the Summary Page for the Next Week Now!

Week 14

September 14, 2009 - September 20, 2009

Monday

Be Sure to Write-Down Your Goals Where Indicated on the Summary Page for This Week

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5

	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 14 September 14, 2009 - September 20, 2009

Tuesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):

Bad		Average		Great
1	2	3	4	5

How I felt after the workout (circle):

Bad		Average		Great
1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):

Very Easy		Moderate		Very Hard
1	2	3	4	5

Daily Total	Minutes	Miles
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 14 September 14, 2009 - September 20, 2009

Wednesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 14 September 14, 2009 - September 20, 2009

Thursday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 14 September 14, 2009 - September 20, 2009

Friday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 14 September 14, 2009 - September 20, 2009

Saturday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 14 September 14, 2009 - September 20, 2009

Sunday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 14 September 14, 2009 - September 20, 2009

Weekly Summary

How I rate this week (on average):

Poor		Average		Great
1	2	3	4	5

Average resting heart rate this week (BPM) _____

Explain why I rated the week the way I did: _____

Training/Racing Goal(s) for This Week	Goal Met?	
	Yes	No

Running/Activity Weekly Recap	# Days This Week	# of "Hard" Days
Aerobic run		
Recovery run		
Hills/Steps		
Tempo run		
Intervals/Fartlek		
Speed		
Race		
Strength Training		
Swimming		
Elliptical		
Cycling		
Soccer		
Other		

Week-to-Date
Season-to-Date

Minutes Recap	Mileage Recap

Other Comments: _____

Write-Down Your Training/Racing Goals on the Summary Page for the Next Week Now!

Week 15

September 21, 2009 - September 27, 2009

Monday

Be Sure to Write-Down Your Goals Where Indicated on the Summary Page for This Week

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):
Bad 1 2 Average 3 4 Great 5

How I felt after the workout (circle):
Bad 1 2 Average 3 4 Great 5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):
Very Easy 1 2 Moderate 3 4 Very Hard 5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 15

September 21, 2009 - September 27, 2009

Tuesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):
Bad 1 2 Average 3 4 Great 5

How I felt after the workout (circle):
Bad 1 2 Average 3 4 Great 5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):
Very Easy 1 2 Moderate 3 4 Very Hard 5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 15 September 21, 2009 - September 27, 2009

Wednesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 15 September 21, 2009 - September 27, 2009

Thursday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 15 September 21, 2009 - September 27, 2009

Friday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 15 September 21, 2009 - September 27, 2009

Saturday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 15 September 21, 2009 - September 27, 2009

Sunday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 15 September 21, 2009 - September 27, 2009

Weekly Summary

How I rate this week (on average):

Poor		Average		Great
1	2	3	4	5

Average resting heart rate this week (BPM) _____

Explain why I rated the week the way I did: _____

Training/Racing Goal(s) for This Week	Goal Met?	
	Yes	No

Running/Activity Weekly Recap	# Days This Week	# of "Hard" Days
Aerobic run		
Recovery run		
Hills/Steps		
Tempo run		
Intervals/Fartlek		
Speed		
Race		
Strength Training		
Swimming		
Elliptical		
Cycling		
Soccer		
Other		

Week-to-Date
Season-to-Date

Minutes Recap	Mileage Recap

Other Comments: _____

Write-Down Your Training/Racing Goals on the Summary Page for the Next Week Now!

Week 16

September 28, 2009 - October 4, 2009

Monday

Be Sure to Write-Down Your Goals Where Indicated on the Summary Page for This Week

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5

	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 16

September 28, 2009 - October 4, 2009

Tuesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5

	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 16 September 28, 2009 - October 4, 2009

Wednesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 16 September 28, 2009 - October 4, 2009

Thursday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 16 September 28, 2009 - October 4, 2009

Friday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 16 September 28, 2009 - October 4, 2009

Saturday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 16 September 28, 2009 - October 4, 2009

Sunday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 16 September 28, 2009 - October 4, 2009

Weekly Summary

How I rate this week (on average):

Poor		Average		Great
1	2	3	4	5

Average resting heart rate this week (BPM) _____

Explain why I rated the week the way I did: _____

Training/Racing Goal(s) for This Week	Goal Met?	
	Yes	No

Running/Activity	# Days This Week	# of "Hard" Days
Weekly Recap		
Aerobic run		
Recovery run		
Hills/Steps		
Tempo run		
Intervals/Fartlek		
Speed		
Race		
Strength Training		
Swimming		
Elliptical		
Cycling		
Soccer		
Other		

Week-to-Date
Season-to-Date

Minutes Recap	Mileage Recap

Other Comments: _____

Write-Down Your Training/Racing Goals on the Summary Page for the Next Week Now!

Week 17

October 5, 2009 - October 11, 2009

Monday

Be Sure to Write-Down Your Goals Where Indicated on the Summary Page for This Week

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5

	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 17

October 5, 2009 - October 11, 2009

Tuesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):

	Bad		Average		Great
	1	2	3	4	5

How I felt after the workout (circle):

	Bad		Average		Great
	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):

	Very Easy		Moderate		Very Hard
	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 17 October 5, 2009 - October 11, 2009

Wednesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 17 October 5, 2009 - October 11, 2009

Thursday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 17 October 5, 2009 - October 11, 2009

Friday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 17 October 5, 2009 - October 11, 2009

Saturday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 17 October 5, 2009 - October 11, 2009

Sunday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 17 October 5, 2009 - October 11, 2009

Weekly Summary

How I rate this week (on average):

Poor		Average		Great
1	2	3	4	5

Average resting heart rate this week (BPM) _____

Explain why I rated the week the way I did: _____

Training/Racing Goal(s) for This Week	Goal Met?	
	Yes	No

Running/Activity Weekly Recap	# Days This Week	# of "Hard" Days
Aerobic run		
Recovery run		
Hills/Steps		
Tempo run		
Intervals/Fartlek		
Speed		
Race		
Strength Training		
Swimming		
Elliptical		
Cycling		
Soccer		
Other		

Week-to-Date
Season-to-Date

Minutes Recap	Mileage Recap

Other Comments: _____

Write-Down Your Training/Racing Goals on the Summary Page for the Next Week Now!

Week 18

October 12, 2009 - October 18, 2009

Monday

Be Sure to Write-Down Your Goals Where Indicated on the Summary Page for This Week

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5

	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 18

October 12, 2009 - October 18, 2009

Tuesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5

	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 18 October 12, 2009 - October 18, 2009

Wednesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 18 October 12, 2009 - October 18, 2009

Thursday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 18 October 12, 2009 - October 18, 2009

Friday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 18 October 12, 2009 - October 18, 2009

Saturday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 18 October 12, 2009 - October 18, 2009

Sunday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 18 October 12, 2009 - October 18, 2009

Weekly Summary

How I rate this week (on average):

Poor		Average		Great
1	2	3	4	5

Average resting heart rate this week (BPM) _____

Explain why I rated the week the way I did: _____

Training/Racing Goal(s) for This Week	Goal Met?	
	Yes	No

Running/Activity Weekly Recap	# Days This Week	# of "Hard" Days
Aerobic run		
Recovery run		
Hills/Steps		
Tempo run		
Intervals/Fartlek		
Speed		
Race		
Strength Training		
Swimming		
Elliptical		
Cycling		
Soccer		
Other		

Week-to-Date
Season-to-Date

Minutes Recap	Mileage Recap

Other Comments: _____

Write-Down Your Training/Racing Goals on the Summary Page for the Next Week Now!

Week 19

October 19, 2009 - October 25, 2009

Monday

Be Sure to Write-Down Your Goals Where Indicated on the Summary Page for This Week

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):
Bad 1 2 Average 3 4 Great 5

How I felt after the workout (circle):
Bad 1 2 Average 3 4 Great 5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):
Very Easy 1 2 Moderate 3 4 Very Hard 5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 19

October 19, 2009 - October 25, 2009

Tuesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):
Bad 1 2 Average 3 4 Great 5

How I felt after the workout (circle):
Bad 1 2 Average 3 4 Great 5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):
Very Easy 1 2 Moderate 3 4 Very Hard 5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 19 October 19, 2009 - October 25, 2009

Wednesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 19 October 19, 2009 - October 25, 2009

Thursday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 19 October 19, 2009 - October 25, 2009

Friday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 19 October 19, 2009 - October 25, 2009

Saturday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 19

October 19, 2009 - October 25, 2009

Sunday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 19 October 19, 2009 - October 25, 2009

Weekly Summary

How I rate this week (on average):

Poor		Average		Great
1	2	3	4	5

Average resting heart rate this week (BPM) _____

Explain why I rated the week the way I did: _____

Training/Racing Goal(s) for This Week	Goal Met?	
	Yes	No

Running/Activity Weekly Recap	# Days This Week	# of "Hard" Days
Aerobic run		
Recovery run		
Hills/Steps		
Tempo run		
Intervals/Fartlek		
Speed		
Race		
Strength Training		
Swimming		
Elliptical		
Cycling		
Soccer		
Other		

Week-to-Date
Season-to-Date

Minutes Recap	Mileage Recap

Other Comments: _____

Write-Down Your Training/Racing Goals on the Summary Page for the Next Week Now!

Week 20

October 26, 2009 - November 1, 2009

Monday

Be Sure to Write-Down Your Goals Where Indicated on the Summary Page for This Week

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5

	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 20

October 26, 2009 - November 1, 2009

Tuesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):

	Bad		Average		Great
	1	2	3	4	5

How I felt after the workout (circle):

	Bad		Average		Great
	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):

	Very Easy		Moderate		Very Hard
	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 20 October 26, 2009 - November 1, 2009

Wednesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 20

October 26, 2009 - November 1, 2009

Thursday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):

Bad		Average		Great
1	2	3	4	5

How I felt after the workout (circle):

Bad		Average		Great
1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):

Very Easy		Moderate		Very Hard
1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 20 October 26, 2009 - November 1, 2009

Friday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 20

October 26, 2009 - November 1, 2009

Saturday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5

	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 20 October 26, 2009 - November 1, 2009

Sunday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 20

October 26, 2009 - November 1, 2009

Weekly Summary

How I rate this week (on average):

Poor		Average		Great
1	2	3	4	5

Average resting heart rate this week (BPM) _____

Explain why I rated the week the way I did: _____

Training/Racing Goal(s) for This Week	Goal Met?	
	Yes	No

Running/Activity Weekly Recap	# Days This Week	# of "Hard" Days
Aerobic run		
Recovery run		
Hills/Steps		
Tempo run		
Intervals/Fartlek		
Speed		
Race		
Strength Training		
Swimming		
Elliptical		
Cycling		
Soccer		
Other		

Week-to-Date
Season-to-Date

Minutes Recap	Mileage Recap

Other Comments: _____

Write-Down Your Training/Racing Goals on the Summary Page for the Next Week Now!

Week 21

November 2, 2009 - November 8, 2009

Monday

Be Sure to Write-Down Your Goals Where Indicated on the Summary Page for This Week

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5

	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 21

November 2, 2009 - November 8, 2009

Tuesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):

	Bad		Average		Great
	1	2	3	4	5

How I felt after the workout (circle):

	Bad		Average		Great
	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):

	Very Easy		Moderate		Very Hard
	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 21 November 2, 2009 - November 8, 2009

Wednesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 21

November 2, 2009 - November 8, 2009

Thursday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 21 November 2, 2009 - November 8, 2009

Friday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 21 November 2, 2009 - November 8, 2009

Saturday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 21 November 2, 2009 - November 8, 2009

Sunday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 21

November 2, 2009 - November 8, 2009

Weekly Summary

How I rate this week (on average):

Poor		Average		Great
1	2	3	4	5

Average resting heart rate this week (BPM) _____

Explain why I rated the week the way I did: _____

Training/Racing Goal(s) for This Week	Goal Met?	
	Yes	No

Running/Activity Weekly Recap	# Days This Week	# of "Hard" Days
Aerobic run		
Recovery run		
Hills/Steps		
Tempo run		
Intervals/Fartlek		
Speed		
Race		
Strength Training		
Swimming		
Elliptical		
Cycling		
Soccer		
Other		

Week-to-Date
Season-to-Date

Minutes Recap	Mileage Recap

Other Comments: _____

Write-Down Your Training/Racing Goals on the Summary Page for the Next Week Now!

Week 22

November 9, 2009 - November 15, 2009

Monday

Be Sure to Write-Down Your Goals Where Indicated on the Summary Page for This Week

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5

	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 22

November 9, 2009 - November 15, 2009

Tuesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):

	Bad		Average		Great
	1	2	3	4	5

How I felt after the workout (circle):

	Bad		Average		Great
	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):

	Very Easy		Moderate		Very Hard
	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 22 November 9, 2009 - November 15, 2009

Wednesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 22

November 9, 2009 - November 15, 2009

Thursday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):

Bad		Average		Great
1	2	3	4	5

How I felt after the workout (circle):

Bad		Average		Great
1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):

Very Easy		Moderate		Very Hard
1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 22

November 9, 2009 - November 15, 2009

Friday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 22

November 9, 2009 - November 15, 2009

Saturday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):

Bad		Average		Great
1	2	3	4	5

How I felt after the workout (circle):

Bad		Average		Great
1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):

Very Easy		Moderate		Very Hard
1	2	3	4	5

Daily Total	Minutes	Miles
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 22 November 9, 2009 - November 15, 2009

Sunday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 22

November 9, 2009 - November 15, 2009

Weekly Summary

How I rate this week (on average):

Poor		Average		Great
1	2	3	4	5

Average resting heart rate this week (BPM) _____

Explain why I rated the week the way I did: _____

Training/Racing Goal(s) for This Week	Goal Met?	
	Yes	No

Running/Activity Weekly Recap	# Days This Week	# of "Hard" Days
Aerobic run		
Recovery run		
Hills/Steps		
Tempo run		
Intervals/Fartlek		
Speed		
Race		
Strength Training		
Swimming		
Elliptical		
Cycling		
Soccer		
Other		

Week-to-Date
Season-to-Date

Minutes Recap	Mileage Recap

Other Comments: _____

Write-Down Your Training/Racing Goals on the Summary Page for the Next Week Now!

Week 23

November 16, 2009 - November 22, 2009

Monday

Be Sure to Write-Down Your Goals Where Indicated on the Summary Page for This Week

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5

	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 23

November 16, 2009 - November 22, 2009

Tuesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):

	Bad		Average		Great
	1	2	3	4	5

How I felt after the workout (circle):

	Bad		Average		Great
	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):

	Very Easy		Moderate		Very Hard
	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 23

November 16, 2009 - November 22, 2009

Wednesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 23 November 16, 2009 - November 22, 2009

Thursday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 23

November 16, 2009 - November 22, 2009

Friday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 23

November 16, 2009 - November 22, 2009

Saturday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 23

November 16, 2009 - November 22, 2009

Sunday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):

Bad		Average		Great
1	2	3	4	5

How I felt after the workout (circle):

Bad		Average		Great
1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):

Very Easy		Moderate		Very Hard
1	2	3	4	5

Daily Total	Minutes	Miles
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 23

November 16, 2009 - November 22, 2009

Weekly Summary

How I rate this week (on average):

Poor			Average		Great
1	2	3	4	5	

Average resting heart rate this week (BPM) _____

Explain why I rated the week the way I did: _____

Training/Racing Goal(s) for This Week	Goal Met?	
	Yes	No

Running/Activity Weekly Recap	# Days This Week	# of "Hard" Days
Aerobic run		
Recovery run		
Hills/Steps		
Tempo run		
Intervals/Fartlek		
Speed		
Race		
Strength Training		
Swimming		
Elliptical		
Cycling		
Soccer		
Other		

Week-to-Date
Season-to-Date

Minutes Recap	Mileage Recap

Other Comments: _____

Write-Down Your Training/Racing Goals on the Summary Page for the Next Week Now!

Week 24

November 23, 2009 - November 30, 2009

Monday

Be Sure to Write-Down Your Goals Where Indicated on the Summary Page for This Week

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5

	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 24

November 23, 2009 - November 30, 2009

Tuesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5

	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 24

November 23, 2009 - November 30, 2009

Wednesday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 24

November 23, 2009 - November 30, 2009

Thursday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 24

November 23, 2009 - November 30, 2009

Friday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 24

November 23, 2009 - November 30, 2009

Saturday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

	Bad		Average		Great
How I felt before the workout (circle):	1	2	3	4	5
	Bad		Average		Great
How I felt after the workout (circle):	1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

	Very Easy		Moderate		Very Hard
Difficulty of this workout/day (circle):	1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 24

November 23, 2009 - November 30, 2009

Sunday

Morning pulse rate (BPM) _____

Hours of sleep last night _____

How I felt before the workout (circle):

Bad		Average		Great
1	2	3	4	5

How I felt after the workout (circle):

Bad		Average		Great
1	2	3	4	5

If you felt less than a "3" either before or after workout, explain why: _____

Running/Activity	Minutes	Miles	Description/Details of Running/Activity
Aerobic run			
Recovery run			
Hills/Steps			
Tempo run			
Intervals/Fartlek			
Speed			
Race			
Strength Training			
Swimming			
Elliptical			
Cycling			
Soccer			
Other			

Difficulty of this workout/day (circle):

Very Easy		Moderate		Very Hard
1	2	3	4	5

	Minutes	Miles
Daily Total		
Week-to-Date		
Season-to-Date		

Other Comments: _____

Week 24

November 23, 2009 - November 30, 2009

Weekly Summary

How I rate this week (on average):

Poor			Average		Great
1	2	3	4	5	

Average resting heart rate this week (BPM) _____

Explain why I rated the week the way I did: _____

Training/Racing Goal(s) for This Week	Goal Met?	
	Yes	No

Running/Activity Weekly Recap	# Days This Week	# of "Hard" Days
Aerobic run		
Recovery run		
Hills/Steps		
Tempo run		
Intervals/Fartlek		
Speed		
Race		
Strength Training		
Swimming		
Elliptical		
Cycling		
Soccer		
Other		

Week-to-Date
Season-to-Date

Minutes Recap	Mileage Recap

Other Comments: _____

Write-Down Your Training/Racing Goals on the Summary Page for the Next Week Now!