

Week ____ Date _____ **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 ____ Date _____ **Tuesday**

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 ____ Date _____ **Wednesday**

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
 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 ____ Date _____ **Thursday**

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
 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 ____ Date _____ **Friday**

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
 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 ____ Date _____ **Saturday**

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
 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 ____ Date _____ **Sunday**

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 ____ From: _____ to _____

Weekly Summary

How I rate this week (on average):
 Poor 1 2 Average 3 4 Great 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		

	Minutes Recap	Mileage Recap
Week-to-Date		
Season-to-Date		

Other Comments: _____

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