



NAME _____

WEEK OF _____ TO _____

NEXT RACE AT _____ ON _____

*If you do not have a GPS watch - to calculate mileage- go to MapMyRun.com > Routes > Create a Route and trace where you ran.

DAILY RUN/ WORKOUT include a brief description, splits for workouts, and 1-2 word general comment like awesome or not great or heavy legs, etc.	TIME/ DISTANCE	OTHER ACTIVITIES weights-core-hips-hike-swim-stretch	DAILY MILES
MONDAY splits:	W-up: -dn:		
TUESDAY splits:	W-up: -dn:		
WEDNESDAY splits:	W-up: -dn:		
THURSDAY splits:	W-up: -dn:		
FRIDAY splits:	W-up: -dn:		
SATURDAY splits:	W-up: -dn:		
SUNDAY			

COMMENTS OR UPCOMING COMMITMENTS

TOTAL WEEKLY MILEAGE:

(good days, bad days, race comments, work schedule, mood, period, sleep, school, general health)