MONDAY	REST	ING HEART RATE	WEIGHT				
DISTANCE	TIME	PACE/SPLIT_		_INTENS	SITY FACTOR_		
Rate how you felt: Great <sup>©</sup>		Good 😁	Fair	<u>©</u>	Poor 😐	Bad	<del>\text{\ti}\text{\texi{\text{\texi}\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\ti}}\\ \tittt{\text{\text{\text{\text{\texi}}\text{\text{\text{\text{\text{\texi}\tittt{\text{\text{\text{\text{\texi}\tiint{\text{\texi}\tint{\titt{\text{\text{\text{\text{\texi}\tint{\text{\tin}\text{\</del>
TUESDAY	RES	TING HEART RAT	E	V	VEIGHT		-
DISTANCE	TIME	PACE/SPLIT_		_INTENS	SITY FACTOR_		
Rate how you felt: Great 😜		Good 🖰	Fair	<b>©</b>	Poor 😐	Bad	
WEDNESDAY	F	RESTING HEART F	RATE		WEIGHT		
DISTANCE	TIME	PACE/SPLIT_		_INTENS	SITY FACTOR_		
Notes							
ACHES AND PAIN	IS						
Rate how you felt:	Very Good 😜	Good 😷	Fair	<b>©</b>	Poor 🔐	Bad	<u>~</u>

THURSDAY	RES	TING HEART RA	TE		_WEIGHT		
DISTANCE	TIME	PACE/SPLIT_		_INTEN	SITY FACTOR	<u> </u>	
Notes							
ACHES AND PAINS	S						
Rate how you felt: Great 알 Ve	ery Good 😜	Good 😷	Fair	٥	Poor 😐	Bad	<b>©</b>
FRIDAY	RESTING	HEART RATE		WEI	GHT		
DISTANCE	TIME	PACE/SPLIT_		_INTEN	SITY FACTOR		
Notes							
ACHES AND PAINS							
Rate how you felt: Great 😜 Ve	ery Good 😜	Good 😁	Fair	<b>(2)</b>	Poor 🔐	Bad	<b>€</b>
SATURDAY	REST	ING HEART RAT	E		WEIGHT		
DISTANCE	TIME	PACE/SPLIT_		_INTEN	SITY FACTOR	<u> </u>	
Notes							
ACHES AND PAINS	8						
Rate how you felt: Great ≌ Ve	ery Good 😜	Good 😷	Fair	3	Poor 😐	Bad	<b>e</b>

SUNDAY	RESTIN	IG HEART RATE_	WEIGHT				
DISTANCE	TIME	PACE/SPLIT		INTEN	SITY FACTOR	₹	
Notes							
ACHES AND PAINS							
Rate how you felt: Great 😜 Ve	ery Good 😜	Good 😷	Fair	<b>©</b>	Poor 😐	Bad	<b>&amp;</b>
WEEKLY	′ SUMI	MARY					
WEEKLY TOTAL			YEAF	R TO DA	ATE		
RUN DISTANCE							
RUN TIME							
OTHER TRAINING							
TOTAL TIME _						-	
Notes							