

MONDAY _____ RESTING HEART RATE _____ WEIGHT _____

DISTANCE _____ TIME _____ PACE/SPLIT _____ INTENSITY FACTOR _____

Notes _____

ACHES AND PAINS _____

Rate how you felt:

Great 😄 Very Good 😊 Good 😊 Fair 😊 Poor 😊 Bad 😊

TUESDAY _____ RESTING HEART RATE _____ WEIGHT _____

DISTANCE _____ TIME _____ PACE/SPLIT _____ INTENSITY FACTOR _____

Notes _____

ACHES AND PAINS _____

Rate how you felt:

Great 😄 Very Good 😊 Good 😊 Fair 😊 Poor 😊 Bad 😊

WEDNESDAY _____ RESTING HEART RATE _____ WEIGHT _____

DISTANCE _____ TIME _____ PACE/SPLIT _____ INTENSITY FACTOR _____

Notes _____

ACHES AND PAINS _____

Rate how you felt:

Great 😄 Very Good 😊 Good 😊 Fair 😊 Poor 😊 Bad 😊

THURSDAY _____ RESTING HEART RATE _____ WEIGHT _____

DISTANCE _____ TIME _____ PACE/SPLIT _____ INTENSITY FACTOR _____

Notes _____

ACHES AND PAINS _____

Rate how you felt:

Great 😄 Very Good 😊 Good 😁 Fair 😊 Poor 😐 Bad 😞

FRIDAY _____ RESTING HEART RATE _____ WEIGHT _____

DISTANCE _____ TIME _____ PACE/SPLIT _____ INTENSITY FACTOR _____

Notes _____

ACHES AND PAINS _____

Rate how you felt:

Great 😄 Very Good 😊 Good 😁 Fair 😊 Poor 😐 Bad 😞

SATURDAY _____ RESTING HEART RATE _____ WEIGHT _____

DISTANCE _____ TIME _____ PACE/SPLIT _____ INTENSITY FACTOR _____

Notes _____

ACHES AND PAINS _____

Rate how you felt:

Great 😄 Very Good 😊 Good 😁 Fair 😊 Poor 😐 Bad 😞

SUNDAY _____ RESTING HEART RATE _____ WEIGHT _____

DISTANCE _____ TIME _____ PACE/SPLIT _____ INTENSITY FACTOR _____

Notes _____

ACHES AND PAINS _____

Rate how you felt:

Great 😄

Very Good 😊

Good 😁

Fair 😊

Poor 😐

Bad 😞

WEEKLY SUMMARY

WEEKLY TOTAL

YEAR TO DATE

RUN DISTANCE _____

RUN TIME _____

OTHER TRAINING _____

TOTAL TIME _____

Notes

