

TRAINING LOG

When filling out your training log, you can be as detailed or brief as you like. The pages are purposefully vague so that you can tailor the information to what is important to you!

With that said, there are a few things that you should consider tracking during your training:

- The overall amount of time and/or miles you run or walk.
- Time of day and weather during your workout.
- Whether you ran or walked indoors or outside. If indoors, note your pace and percent incline of the treadmill.
- Cumulative miles on your shoes (you might go through more than one pair of shoes during the program).
- How you felt during your run (some use a scale from 1-10, while others use the “great” to “poor” scale. Again, whatever works for you).
- The average pace during your workouts.
- What type of cross-training you did.
- Reason for missing a workout (injury, work, etc.).
- Your race results!

This is not a cumulative list, nor do you need to track all of this data. Your log can be very motivating once you have accumulated a few weeks of information, and it can assist your coaches in helping you if problems arise. You can also spot trends that can easily allow you to adjust your training if necessary (like “I always seem to run better in the mornings, and it really makes me happy most of the day!”).

PRESEASON 9/13 – 9/19

SUNDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
MONDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
TUESDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
WEDNESDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
THURSDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
FRIDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
SATURDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	

SCHEDULED MILES FOR THE WEEK:

ACTUAL MILES FOR THE WEEK:

MY TOTAL MILES FOR SEASON:

Notes:

**“RUNNING OFFERS
US THE PHYSICAL
STRENGTH AND
MENTAL CLARITY
FOR HUMAN
COMPASSION.”**

- Deena Kastor

WEEK 1 9/20 – 9/26

SUNDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
MONDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
TUESDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
WEDNESDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
THURSDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
FRIDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
SATURDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	

SCHEDULED MILES FOR THE WEEK:

ACTUAL MILES FOR THE WEEK:

MY TOTAL MILES FOR SEASON:

Notes:

**“A JOURNEY IS BEST
MEASURED IN
FRIENDS RATHER
THAN MILES.”**

- Tom Cahill

WEEK 2 9/27 – 10/3

SUNDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
MONDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
TUESDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
WEDNESDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
THURSDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
FRIDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
SATURDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	

SCHEDULED MILES FOR THE WEEK:

ACTUAL MILES FOR THE WEEK:

MY TOTAL MILES FOR SEASON:

Notes:

“RUNNING IS JUST YOU, THE WORK YOU PUT IN, AND THE CLOCK. YOU CAN’T CHEAT YOURSELF. IF YOU DON’T PUT IN THE MILES, YOU CAN’T GO TO THE STARTING LINE THINKING YOU’RE GOING TO PULL OUT A MIRACLE OUT OF NOWHERE. YOU GET OUT EXACTLY WHAT YOU PUT IN.”

- Des Linden

WEEK 3 10/4 – 10/10

SUNDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
MONDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
TUESDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
WEDNESDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
THURSDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
FRIDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
SATURDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	

SCHEDULED MILES FOR THE WEEK:

ACTUAL MILES FOR THE WEEK:

MY TOTAL MILES FOR SEASON:

Notes:

**“DWELL IN POSITIVITY.
IT’S WORTH THE
EFFORT.”**

- Lauren Fleshman

WEEK 4 10/11 – 10/17

SUNDAY	Notes:
Plan: Weather:	
Actual: Shoes:	
Time: Pace:	
MONDAY	Notes:
Plan: Weather:	
Actual: Shoes:	
Time: Pace:	
TUESDAY	Notes:
Plan: Weather:	
Actual: Shoes:	
Time: Pace:	
WEDNESDAY	Notes:
Plan: Weather:	
Actual: Shoes:	
Time: Pace:	
THURSDAY	Notes:
Plan: Weather:	
Actual: Shoes:	
Time: Pace:	
FRIDAY	Notes:
Plan: Weather:	
Actual: Shoes:	
Time: Pace:	
SATURDAY	Notes:
Plan: Weather:	
Actual: Shoes:	
Time: Pace:	

SCHEDULED MILES FOR THE WEEK:

ACTUAL MILES FOR THE WEEK:

MY TOTAL MILES FOR SEASON:

Notes:

**“PROGRESS IS RARELY
A STRAIGHT LINE.
THERE ARE ALWAYS
BUMPS IN THE ROAD,
BUT YOU CAN MAKE
THE CHOICE TO KEEP
LOOKING AHEAD.”**

- Kara Goucher

WEEK 5 10/18 – 10/24

SUNDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
MONDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
TUESDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
WEDNESDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
THURSDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
FRIDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
SATURDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	

SCHEDULED MILES FOR THE WEEK:

ACTUAL MILES FOR THE WEEK:

MY TOTAL MILES FOR SEASON:

Notes:

**“WE ARE WHAT WE
REPEATEDLY DO.
EXCELLENCE, THEN,
IS NOT AN ACT, BUT
A HABIT.”**

- Aristotle

WEEK 6 10/25 – 10/31

SUNDAY	Notes:
Plan: Weather:	
Actual: Shoes:	
Time: Pace:	
MONDAY	Notes:
Plan: Weather:	
Actual: Shoes:	
Time: Pace:	
TUESDAY	Notes:
Plan: Weather:	
Actual: Shoes:	
Time: Pace:	
WEDNESDAY	Notes:
Plan: Weather:	
Actual: Shoes:	
Time: Pace:	
THURSDAY	Notes:
Plan: Weather:	
Actual: Shoes:	
Time: Pace:	
FRIDAY	Notes:
Plan: Weather:	
Actual: Shoes:	
Time: Pace:	
SATURDAY	Notes:
Plan: Weather:	
Actual: Shoes:	
Time: Pace:	

SCHEDULED MILES FOR THE WEEK:

ACTUAL MILES FOR THE WEEK:

MY TOTAL MILES FOR SEASON:

Notes:

**“BUT I ALSO REALIZE
THAT WINNING
DOESN'T ALWAYS
MEAN GETTING FIRST
PLACE; IT MEANS
GETTING THE BEST
OUT OF YOURSELF.”**

- Meb Keflezighi

WEEK 7 11/1 – 11/7

SUNDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
MONDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
TUESDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
WEDNESDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
THURSDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
FRIDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
SATURDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	

SCHEDULED MILES FOR THE WEEK:

ACTUAL MILES FOR THE WEEK:

MY TOTAL MILES FOR SEASON:

Notes:

**“IF YOU ARE
COMMITTED TO DO
WHAT IT TAKES,
ANYTHING IS
POSSIBLE. IT’S UP
TO YOU.”**

- Michelle Obama

WEEK 8 11/8 - 11/14

SUNDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
MONDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
TUESDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
WEDNESDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
THURSDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
FRIDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	
SATURDAY	Notes:
Plan: Weather: Actual: Shoes: Time: Pace:	

SCHEDULED MILES FOR THE WEEK:

ACTUAL MILES FOR THE WEEK:

MY TOTAL MILES FOR SEASON:

Notes:

**“IT IS NOT THE GOAL
BUT THE WAY THERE
THAT MATTERS,
AND THE HARDER
THE WAY THE MORE
WORTHWHILE THE
JOURNEY.”**

- Wilfred Thesiger