

“If it is to be, it is up to me.”

Training Log – Goals for this week -

DAY	ROUTE	TIME	DIST	INT	NOTES
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

DIST = Distance

INT = Intensity Scale of 1-10 (1 not a problem, 10 most difficult workout I could possibly have)

Notes – record how you felt in general terms, how much sleep you had, water intake, weather conditions, things that went well or not so well

Weekly Total Mileage or Minutes -