

## The Spartan Log Sheet-Extra Effort is the Key to Success

Name: \_\_\_\_\_

Week Dates(Mon though Sun): \_\_\_\_\_

Goal	Day	Type of Run	Surface	Weather	Distance of Run	Time of Run	Mileage Average	Splits	Total Miles	
	Monday a. m. _____ p.m. _____									
	Tuesday a. m. _____ p.m. _____									
	Wednesday a.m. _____ p.m. _____									
	Thursday a. m. _____ p.m. _____									
	Friday a.m. _____ p. m. _____									
	Saturday a. m. _____ p.m. _____									
	Sunday a.m. _____ p. m. _____									
<b>Total Completed Days for Week</b>				<b>Your Best Run of the Week:</b>			<b>Total Miles this Week</b>			
<b>Total Completed Days to Date</b>							<b>Total Miles to Date</b>			
<b>Consecutive Days of Training</b>							<b>Goal for Race this Week</b>			
<b>Route (s):</b>				<b>Why:</b>			<b>Other Thoughts:</b>			
<b>Quality Phase</b> 1-1, 1-2, 1-3, 1-4, 1-5, 1-6, 1-7, 1-8			<b>Quality Phase</b> 2-1, 2-2, 2-3, 2-4, 2-5, 2-6			<b>Quality Phase</b> 3-1, 3-2, 3-3, 3-4, 3-5, 3-6			<b>Quality Phase</b> 4-1, 4-2, 4-3, 4-4, 4-5, 4-6	

**Every Day is a Great Day!!**

**Don't Waste a Heartbeat!!**

**Goal-Oriented People Find a Way!!!**

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Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									
Rank each category 1 (outstanding), 2 (good), 3(OK), 4 (not so good), 5 (terrible). Score 1 & 2 within 2 hours of waking; 3 to 6 by early afternoon; 7 & 8 at the end of each day.									
Important Notes:									
Quality Phase 1-1, 1-2, 1-3, 1-4, 1-5, 1-6, 1-7, 1-8			Quality Phase 2-1, 2-2, 2-3, 2-4, 2-5, 2-6			Quality Phase 3-1, 3-2, 3-3,3-4, 3-5, 3-6		Quality Phase 4-1, 4-2, 4-3, 4-4, 4-5, 4-6	

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<b>Level Phase</b> 1-1, 1-2, 1-3, 1-4, 1-5, 1-6, 1-7, 1-8			<b>Quality Phase</b> 2-1, 2-2, 2-3, 2-4, 2-5, 2-6			<b>Quality Phase</b> 3-1, 3-2, 3-3, 3-4, 3-5, 3-6			<b>Quality Phase</b> 4-1, 4-2, 4-3, 4-4, 4-5, 4-6

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145, 131, 121	Monday a. m. _____ p.m.								
144, 130, 120	Tuesday a. m. _____ p.m.								
143, 129, 119	Wednesday a.m. _____ p.m.								
142, 128, 118	Thursday a. m. _____ p.m.								
141, 127, 117	Friday a.m. _____ p. m. _____								
140, 126, 116	Saturday a. m. _____ p.m.								
139, 125, 115	Sunday a.m. _____ p. m. _____								
<b>Total Completed Days for Week</b>			<b>Your Best Run of the Week:</b>			<b>Total Miles this Week</b>			
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