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.								
Total Com	Sunday a.m. p. p.								
Total Com	pleted Days for	Week		Your Bes	t Run of tl	he Week:	Total Miles	s this Week	
Total Com	pleted Days to I	Date					Total Miles	s to Date	
Consecutiv	e Days of Train	ing					Goal for R	ace this Week	
Qoute (s):				Why:			Other Tho	ughts:	
el Phase 1-1, 1-2,	1-3, 1-4, 1-5, 1-6,	1-7, 1-8	uality Pha 2-1, 2-	se 2, 2-3, 2-4, 2	2-5, 2-6	Quality Pha 3-1, 3-2, 3-3	use 3,3-4, 3-5, 3-6	ality Phase 4-1, 4-2, 4-3, 4-4, 4-5, 4-6	

Name:								Week Dates(Mon though Sun):	
Day	Last Night's Sleep	Pain & Illnesses	Today's workoout & Recovery	Flexibility	Energy & Nutrition	Today's Physical Stress	Today's Mental Stress	other	Daily Total
Monday									
Tuesday									
Wednesda y									
Thursday									
Friday									
Saturday									
Sunday									
	ategory1 (outs nd of each day.		2 (good), 3	(OK), 4 (n	ot so good)), 5 (terrible)). Score 1 &	2 within 2 hours of waking; 3 to 6 by early after	rnoon; 7
Important N	Ţ								
el Phase 1-1, 1-2, 1	-3, 1-4, 1-5, 1-6,	1-7, 1-8	uality Pha 2-1, 2-	se 2, 2-3, 2-4, 2	2-5, 2-6	Quality Pha 3-1, 3-2, 3-3	se ,3-4, 3-5, 3-6	ality Phase 4-1, 4-2, 4-3, 4-4, 4-5, 4-6	

Name:								Week Dates(Mon though Sun):	
Goal (days till state, region,	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.								
Total Comp	Thursday a. m p.m.								
	Friday a.m. p. m								
	Saturday a. m p.m.								
	Sunday a.m. p. m								
Total Comp	leted Days for	Week		Your Bes	t Run of tl	he Week:	Total Miles	s this Week	
Total Comp	leted Days to I	Date					Total Mile	s to Date	
Consecutive	e Days of Train	ing					Goal for R	ace this Week	
Qoute (s):	·	-		Why:			Other Tho	ughts:	
el Phase 1-1, 1-2, 1	-3, 1-4, 1-5, 1-6,	1-7, 1-8	uality Pha 2-1, 2-	se -2, 2-3, 2-4, 2	2-5, 2-6	Quality Pha 3-1, 3-2, 3-3	ise 3,3-4, 3-5, 3-6	ality Phase 4-1, 4-2, 4-3, 4-4, 4-5, 4-6	

Name:			1					Week Dates(Mon though Sun):	
Day	Last Night's Sleep	Pain & Illnesses	Today's workoout & Recovery	Flexibility	Energy & Nutrition	Today's Physical Stress	Today's Mental Stress	other	Daily Total
Monday									
Tuesday									
Wednesda y									-
Thursday									+
Friday									
Saturday									
Sunday									
	nd of each day		l 2 (good), 3	L (OK), 4 (n	ot so good)), 5 (terrible)	. Score 1 &	2 within 2 hours of waking; 3 to 6 by early a	fternoon; ′
l Phase	-3, 1-4, 1-5, 1-6,		uality Pha	se 2, 2-3, 2-4, 2		Quality Pha 3-1, 3-2, 3-3		ality Phase	

ame:	r	1	1				<u>г г</u>	Week Dates(Mon though Sun):	
Goal (days till state, region,	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.								
	<u></u> р. m.								
	Saturday a.								
	m								
	p.m.								
	Sunday a.m.								
	p.								
otal Comp	m leted Days for '	Week		Your Bes	t Run of tl	he Week:	Total Miles	this Week	+
_	leted Days to D			1			Total Miles	to Date	
-	e Days of Traini			1			Goal for Ra	ce this Week	
oute (s):	·	0		Why:			Other Thou	ghts:	
Phase			uality Pha	se		Quality Pha	ise a	ality Phase	

Name:								Week Dates(Mon though Sun):	
Day	Last Night's Sleep	Pain & Illnesses	Today's workoout & Recovery	Flexibility	Energy & Nutrition	Today's Physical Stress	Today's Mental Stress	other	Daily Total
Monday									
Tuesday									
Wednesda y									
Thursday									
Friday									
Saturday									
Sunday									
	ategory1 (outs nd of each day		2 (good), 3	(OK), 4 (n	ot so good), 5 (terrible)). Score 1 &	2 within 2 hours of waking; 3 to 6 by early after	rnoon; 7
Important N	otes:								
el Phase 1-1, 1-2, 1	-3, 1-4, 1-5, 1-6,	1-7, 1-8	uality Pha 2-1, 2-	se -2, 2-3, 2-4, 2	2-5, 2-6	Quality Pha 3-1, 3-2, 3-3	se ,3-4, 3-5, 3-6	ality Phase 4-1, 4-2, 4-3, 4-4, 4-5, 4-6	

Name:								Week Dates(Mon though Sun):	
Goal (days till state, region,	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.								
Total Comp	leted Days for	Week		Your Bes	st Run of t	he Week:	Total Mile	s this Week	
Total Comp	leted Days to I	Date					Total Miles	s to Date	
Consecutive	e Days of Train	ing					Goal for R	ace this Week	
Qoute (s):				Why:			Other Tho	ughts:	
el Phase 1-1, 1-2, 1	-3, 1-4, 1-5, 1-6,	1-7, 1-8	uality Pha 2-1, 2-	se -2, 2-3, 2-4,	2-5, 2-6	Quality Pha 3-1, 3-2, 3-3	nse 3,3-4, 3-5, 3-6	ality Phase 4-1, 4-2, 4-3, 4-4, 4-5, 4-6	

Name:								Week Dates(Mon though Sun):	
Day	Last Night's Sleep	Pain & Illnesses	Today's workoout & Recovery	Flexibility	Energy & Nutrition	Today's Physical Stress	Today's Mental Stress	other	Daily Total
Monday									
Tuesday									
Wednesda									
Thursday Friday									
Friday									
Saturday									
Saturday Sunday Rank each o									
Rank each o & 8 at the e	category1 (outs nd of each day		2 (good), 3	(OK), 4 (n	ot so good), 5 (terrible)). Score 1 &	2 within 2 hours of waking; 3 to 6 by early after	noon; 7
Important N	lotes:								
el Phase 1-1, 1-2, 1	-3, 1-4, 1-5, 1-6,	1-7, 1-8	uality Pha 2-1, 2-	se -2, 2-3, 2-4, 2	2-5, 2-6	Quality Pha 3-1, 3-2, 3-3	se ,3-4, 3-5, 3-6	ality Phase 4-1, 4-2, 4-3, 4-4, 4-5, 4-6	

Name:								Week Dates(Mon though Sun):	
Goal (days till state,	Day	Type of Run	Surface	Weather	Distance of Run	Time of Run	Mileage Average	Splits	Total Miles
	Monday a. m.								
145, 131, 121	p.m.								
	Tuesday a. m								
144, 130, 120									
	Wednesday a.m.								
143, 129, 119	p.m.								
	Thursday a. m								
142, 128, 118									
143, 129, 119 142, 128, 118 141, 127, 117 140, 126, 116 139, 125, 115 Total Comp	Friday a.m. p.								
141, 127, 117	<u> </u>								
2	Saturday a. m								
140, 126, 116									
	Sunday a.m. p.								
139, 125, 115									
Total Comp	leted Days for	Week		Your Bes	t Run of tl	he Week:	Total Mile	es this Week	
Total Comp	leted Days to E	Date		ļ			Total Mile	es to Date	
Consecutive	Days of Train	ing						Race this Week	
Qoute (s):				Why:			Other Tho	oughts:	
el Phase 1-1, 1-2, 1	-3, 1-4, 1-5, 1-6,	1-7, 1-8	uality Pha 2-1, 2-	se -2, 2-3, 2-4,	2-5, 2-6	Quality Ph 3-1, 3-2, 3-	ase 3,3-4, 3-5, 3-6	ality Phase 4-1, 4-2, 4-3, 4-4, 4-5, 4-6	

Name:	1							Week Dates(Mon though Sun):	
Day	Last Night's Sleep	Pain & Illnesses	Today's workoout & Recovery	Flexibility	Energy & Nutrition	Today's Physical Stress	Today's Mental Stress	other	Daily Total
Monday									
Tuesday									
Wednesda y									
Thursday									
Friday									
Saturday									
Sunday									
	nd of each day		2 (good), 3	I (OK), 4 (n	∎ ot so good)), 5 (terrible)). Score 1 & :	2 within 2 hours of waking; 3 to 6 by early after	rnoon; 7
el Phase 1-1, 1-2, 1	3, 1-4, 1-5, 1-6,	1-7, 1-8	uality Pha 2-1, 2-	se 2, 2-3, 2-4, 2	2-5, 2-6	Quality Pha 3-1, 3-2, 3-3	se ,3-4, 3-5, 3-6	ality Phase 4-1, 4-2, 4-3, 4-4, 4-5, 4-6	