

Weekly Training Log: Week 4

Dates: ____ / ____ / ____ through ____ / ____ / ____

Running Goal: 8 minutes running, 1 minute walking - Repeat 3 times
+ 8 minute final run



Power Exercises (3 times per week):

- * Favorite 3 exercises from weeks 2 & 3
- * Side Planks - Hold for 15 seconds. Repeat 2 times.
- * Step Up - Repeat 15 times on each leg.
- * Bird Dip - Try to complete 2 sets of 5 on each leg.

DON'T FORGET TO WARM-UP BEFORE & STRETCH AFTER YOUR RUN!

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Warm Up							
Run							
Stretch							
Other Sport							
Power Exercises							
Today's weather							
How did you feel today?							
Other notes							