Weekly Training Log: Week 2

Dates: _____ /_____ /_____ through _____ /_____ /_____

Running Goal: 5 minutes running, 1 minute walking - Repeat 4 times

Power Exercises (3 times per week):
* Bridge
* Squat
* Push-ups
* Single Leg Raise

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							

* For Description of Power Exercises, please refer to the online videos