

# Weekly Training Log: Sample

Dates: 9 / 20 / 15 through 9 / 26 / 15



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

Power Exercises (3 times per week):

- \* Single Leg Forward Lean
- \* Bridge Kicks

**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	6 laps at practice		✓				
Stretch	✓		✓				
Other Sport					✓		✓
Power Exercises		✓		✓		✓	
Today's weather	sunny & warm	sunny & warm	cloudy & warm		cloudy, cooler		
How did you feel today?	Great! I love running!	Very tired and sore from yesterday.	Still a little sore, but better.		Much better. Not sore any more.	The exercises are getting much easier.	
Other notes		I was more tired than I thought I would be today!	It felt good to get my muscles moving again.	Rest day with exercises.	Soccer practice today. Lots of running.		Soccer game today. I ran the whole time!

\* For Description of Power Exercises, please refer to the Power Exercise Guide