

Daily Running Log Entry:

Workout Nickname:  Workout Date:

Weather:   Time of Day:

Workout Type:   Check if Race Time (HH:MM:SS):  :  :

Distance:  Pace (HH:MM:SS)  :  :

Warmup:

Workout:

Cooldown:

Pain or Injuries: Problem #1:  #3:

Problem #2:  #4:

Stretched Before?  Stretched After?

Mood:  Feeling well (not sick)?  Yes  No

Sleep:  (Record hours slept last night). Resting heartrate @ wakeup:

Weight:  lbs.(Optional. Runners managing their weight should record only once weekly).

Comments:

Coach's Comments