

BASE BUILDING LOG

Aerobic Foundation Phase

ATHLETE

TARGET WEEKLY VOLUME

START DATE

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
1								
2								
3								
4								
5								
6								
7								
8								

TRAINING NOTES & RECOVERY OBSERVATIONS

Maintain 80% of volume at Zone 2 intensity. Increase weekly mileage by no more than 10%.