

HIIT RUNNING LOG

WEEK NO. ____

Date

Warm-up Duration

Location / Surface

SET	SPRINT (WORK)	RECOVERY (REST)	TARGET RPE (1-10)
1	____ sec / m	____ sec / m	____
2	____ sec / m	____ sec / m	____
3	____ sec / m	____ sec / m	____
4	____ sec / m	____ sec / m	____
5	____ sec / m	____ sec / m	____
6	____ sec / m	____ sec / m	____
7	____ sec / m	____ sec / m	____
8	____ sec / m	____ sec / m	____

Training Notes (Feeling, Heart Rate, Post-Recovery)

HIIT RUNNING TEMPLATE à€¢ MINIMAL SERIES