

HILL SPRINTS TRAINING LOG

Date: _____

Location/Incline: _____

Warm-up (mins): _____

Weather: _____

DONE	SET	DISTANCE/TIME	EFFORT (1-10)	RECOVERY TIME
	1			
	2			
	3			
	4			
	5			
	6			
	7			
	8			
	9			
	10			

Post-Workout Notes (Fatigue levels, stride feel, heart rate recovery):

HILL SPRINTS PRINTABLE RUNNING PERFORMANCE TRACKER