

INTERVAL SESSION LOG

Date: ____ / ____ / 20__

Target Pace:

Rest Interval:

Warm-up Dur:

ACE	SET	DISTANCE / TIME	INTENSITY (RPE 1-10)	HEART RATE / PACE
	1			
	2			
	3			
	4			
	5			
	6			
	7			
	8			

Âœ“	SET	DISTANCE / TIME	INTENSITY (RPE 1-10)	HEART RATE / PACE
	9			
	10			

POST-RUN NOTES & RECOVERY

Focus points: (Form, breathing, hydration, perceived exertion...)

Minimalist Interval Training Template • Precision Athletics