

YOUTH RUNNING TRAINING LOG

Runner Name: _____

Week Of: _____

DAY	TRAINING DESCRIPTION	TIME/DIST	HOW'D IT FEEL?
Monday			â~° ? â~¹
Tuesday			â~° ? â~¹
Wednesday			â~° ? â~¹
Thursday			â~° ? â~¹
Friday			â~° ? â~¹
Saturday			â~° ? â~¹
Sunday	Rest & Recovery	-	â~° ? â~¹

Weekly Goals:

Daily Checklist:

Hydration Dynamic Warm-up Post-run Stretch 8+ Hours Sleep