

WEEKLY TRAINING LOG

WEEK OF: _____ PHASE: _____

DAY	DISTANCE	AVG PACE	WORKOUT TYPE	NOTES (HR, RPE, SURFACE, SHOES)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
TOTALS				WEEKLY GOAL REACHED: [] YES [] NO

WEEKLY REFLECTION & RECOVERY

INJURY / NIGGLE TRACKER