

# ENDURANCE LOG

Training Phase: \_\_\_\_\_

Week of: \_\_\_\_\_, 2024

DAY	DATE	DISTANCE	WORKOUT TYPE	NOTES / EFFORT (1-10)
Monday	/			
Tuesday	/			
Wednesday	/			
Thursday	/			
Friday	/			
Saturday	/			
Sunday	/			

TOTAL MILEAGE

\_\_\_\_\_

TOTAL TIME

\_\_\_\_\_

AVG PACE

\_\_\_\_\_

RECOVERY SCORE

\_\_\_\_\_

## WEEKLY REVIEW & INJURIES