

SPEED WORK & MILEAGE LOG

Week Of: _____

Goal Race: _____

Target Pace: _____

DAY	WORKOUT DESCRIPTION (INTERVALS/TEMPO)	DISTANCE	AVG PACE	HR / NOTES
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				
Weekly Totals:				

Interval Splits

REP	TIME	REP	TIME
1		5	
2		6	
3		7	
4		8	

Weekly Reflection

Notes on recovery, nutrition, and perceived exertion...