

RUNNING SPEED TRAINING REWARDS

Runner Name

Goal Date

STATUS	TRAINING METRIC / SPRINT GOAL	REWARD / INCENTIVE
	Complete 1st Interval Session	
	Improve 400m Repeat Time by 2s	
Week 4: Consistent Consistency		
	Complete Hill Sprints (Set of 8)	
	New Personal Best: 1 Mile	
	New Personal Best: 5K	
ULTIMATE TRAINING GOAL REACHED		

Notes & Motivation
Keep Pushing Your Limits Speed Evolution Template