

Training Log

MONDAY

DATE	DURATION	DISTANCE	HEART RATE	TEMP
COMMENTS (i.e. type of exercise; pace):				

TUESDAY

DATE	DURATION	DISTANCE	HEART RATE	TEMP
COMMENTS (i.e. type of exercise; pace):				

WEDNESDAY

DATE	DURATION	DISTANCE	HEART RATE	TEMP
COMMENTS (i.e. type of exercise; pace):				

THURSDAY

DATE	DURATION	DISTANCE	HEART RATE	TEMP
COMMENTS (i.e. type of exercise; pace):				