

# RUNNER'S 12-WEEK TRAINING LOG

## WEEK 1

DAY	DISTANCE	TIME	COURSE	NOTES: Heart Rate, Weather, Temperature, Mood
<b>M</b>				
<b>Tu</b>				
<b>W</b>				
<b>Th</b>				
<b>F</b>				
<b>Sa</b>				
<b>Su</b>				

**WEEK 1** \_\_\_\_\_ **TOTAL**  
 Last week's YTD total \_\_\_\_\_  
**Year to date** \_\_\_\_\_ **TOTAL**

**"You only get cheered in running. Every other sport, you get booed."**  
*— Bill Rodgers, 4-time winner of both the Boston and New York City marathons*