Name:\_\_\_\_\_\_\_\_\_\_\_

**WEEKLY LOG**

Date:­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| Workout | Comments/Reflections (Thinks about pace, effort, running conditions, what did you do well, and what could you improve on for next time?) |
| Monday |  |
| Tuesday |  |
| Wednesday |  |
| Thursday |  |
| Friday |  |
| Saturday |  |

Goals-