

Run Minnesota Training Log



Month: _____ Week #: _____ Week of: _____

Day	Session Notes	Miles	Minutes	RPE	Intensity
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					
Totals					

Weekly Reflection

<p>Weekly Wins:</p> <p>Goals for Next Week:</p> <p>Things to Work On:</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
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Weekly Reflection

Weekly Wins: _____

Goals for Next Week: _____

Things to Work On: _____

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Monthly Summary (Weeks 1–4)

Week	Miles	Minutes	Intensity Min
Week 1 Total			
Week 2 Total			
Week 3 Total			
Week 4 Total			
Totals			

Monthly Reflection

Biggest win this month: _____

Key learning: _____

Focus for next month: _____