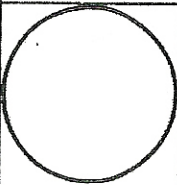


Training Log

Week No. _____

Week of _____ to _____

Daily Run / Workout	Time	Other Activities (weights, e.g.)	Daily Total
Monday	w. up _____ dn _____		
Tuesday	w. up _____ dn _____		
Wednesday	w. up _____ dn _____		
Thursday	w. up _____ dn _____		
Friday	w. up _____ dn _____		
Saturday	w. up _____ dn _____		
Sunday	w. up _____ dn _____		
Comments: (good days, bad days, races, etc.)		Weight _____ Heart Rate _____	 Week's Total