

Run Minnesota Training Log

Weekly + Monthly Companion Log



Month: _____ Week #: _____ Week of: _____ **Week 1 Log**

DAY	SESSION 1 (Type + Notes)	SESSION 2 (Type + Notes)	MI	MIN	INT	RPE
Monday	_____ _____	_____ _____				
Tuesday	_____ _____	_____ _____				
Wednesday	_____ _____	_____ _____				
Thursday	_____ _____	_____ _____				
Friday	_____ _____	_____ _____				
Saturday	_____ _____	_____ _____				
Sunday	_____ _____	_____ _____				
Totals						

Weekly Reflection

Weekly Wins:

Goals for Next Week:

Things to Work On:

Run Minnesota Training Log

Weekly + Monthly Companion Log



Month: _____ Week #: _____ Week of: _____ **Week 2 Log**

DAY	SESSION 1 (Type + Notes)	SESSION 2 (Type + Notes)	MI	MIN	INT	RPE
Monday	_____ _____	_____ _____				
Tuesday	_____ _____	_____ _____				
Wednesday	_____ _____	_____ _____				
Thursday	_____ _____	_____ _____				
Friday	_____ _____	_____ _____				
Saturday	_____ _____	_____ _____				
Sunday	_____ _____	_____ _____				
Totals						

Weekly Reflection

Weekly Wins:

Goals for Next Week:

Things to Work On:

Run Minnesota Training Log

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Month: _____ Week #: _____ Week of: _____ **Week 3 Log**

DAY	SESSION 1 (Type + Notes)	SESSION 2 (Type + Notes)	MI	MIN	INT	RPE
Monday	_____ _____	_____ _____				
Tuesday	_____ _____	_____ _____				
Wednesday	_____ _____	_____ _____				
Thursday	_____ _____	_____ _____				
Friday	_____ _____	_____ _____				
Saturday	_____ _____	_____ _____				
Sunday	_____ _____	_____ _____				
Totals						

Weekly Reflection

Weekly Wins:

Goals for Next Week:

Things to Work On:

Run Minnesota Training Log

Weekly + Monthly Companion Log



Month: _____ Week #: _____ Week of: _____ **Week 4 Log**

DAY	SESSION 1 (Type + Notes)	SESSION 2 (Type + Notes)	MI	MIN	INT	RPE
Monday	_____ _____	_____ _____				
Tuesday	_____ _____	_____ _____				
Wednesday	_____ _____	_____ _____				
Thursday	_____ _____	_____ _____				
Friday	_____ _____	_____ _____				
Saturday	_____ _____	_____ _____				
Sunday	_____ _____	_____ _____				
Totals						

Monthly Summary + Reflection (Use on Week 4)

Weekly Totals (fill in)

Week	Miles	Minutes	Intensity
Week 1			
Week 2			
Week 3			
Week 4			
Month Total			

Monthly Reflection:

Biggest win this month:

What to improve next month:

Where Minnesota Runs Together — since 1961
