

Running Program

Running Goal: _____ by _____

Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total (km)
1								
2								
3								
4								

What to record:

Type: Run / S&C (Strength and Conditioning) / Rest

Run – Distance (km), Pace (km/h), Time (minutes), Hills or Flats

S&C – body part(s) trained, resistance/ weight type (bands, dumbbells, barbells)

RPE (Relative Perceived Exertion): 0 (easy) – 10 (max effort)

End of the week: Total distance run (km)



Running Program

Running Goal: _____ by _____

Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total (km)
1								
2								
3								
4								

What to record:

Type: Run / S&C (Strength and Conditioning) / Rest

Run – Distance (km), Pace (km/h), Time (minutes), Hills or Flats

S&C – body part(s) trained, resistance/ weight type (bands, dumbbells, barbells)

RPE (Relative Perceived Exertion): 0 (easy) – 10 (max effort)

End of the week: Total distance run (km)

