Name: ____

Every Day is a Great Day!!!

PPM Program

Slow Interavals

The Orange Crush Log Sheet-Extra Effort is the Key to Success

Week Dates(Mon though Sun):

Pulse for Monday	Day	Type of Run	Surface	Weather	Distance of Run	Time of Run	Mileage Average	Splits	Total Miles	
	Monday									
	a.m									
Goal	p.m									
	Tuesday									
	a.m									
Goal	p.m									
	Wednesday									
	a.m									
Goal	p.m									
	Thursday									
	a.m									
Goal	p.m									
	Friday									
Cool	a.m									
Goal	p.m									
Goal	Saturday a m									
	a.m p.m									
Guai	Sunday									
	a.m									
Goal	p.m									
Total Completed Days for Week			Your Best Run of the Week:			Total Miles this Week				
Total Completed Days to Date							Total Miles to Date			
Consecutive Days of Training							Goal for Race this Week			
Qoute:				Why:			Other Thoughts:			
		(

Goal-Oriented People Find a Way!!!

Fast Intervals

Pace Intervals

Don't Waste a Heartheat!!

Big Meet

Prep

Fartlek

Every Day is a Great Day!!!

The Orange Crush Log Sheet-Extra Effort is the Key to Success

Name:								Week Dates(Mon though Sun):			
Resting Pulse for Monday	Day	Type of Run	Surface	Weather	Distance of Run	Time of Run	Mileage Average	Splits	Total Miles		
	Monday										
	a.m										
Goal	p.m										
	Tuesday										
	a.m										
Goal	p.m										
	Wednesday										
	a.m										
Goal	p.m										
	Thursday										
	a.m										
Goal	p.m										
	Friday										
	a.m										
Goal	p.m										
	Saturday										
	a.m										
Goal	p.m										
	Sunday										
	a.m										
Goal	p.m										
	Total Completed Days for Week				Your Best Run of the Week:			Total Miles this Week			
Total Completed Days to Date							Total Miles to Date				
Consecutive Days of Training							Goal for Race this Week				
Qoute:				Why:			Other Thoughts:				
PPM Program Slow Interavals			teravals	Pace Intervals		Fast Intervals		Fartlek	Big Meet Prep		

Goal-Oriented People Find a Way!!!