

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	
Goal	Monday a.m. _____ p.m. _____									
Goal	Tuesday a.m. _____ p.m. _____									
Goal	Wednesday a.m. _____ p.m. _____									
Goal	Thursday a.m. _____ p.m. _____									
Goal	Friday a.m. _____ p.m. _____									
Goal	Saturday a.m. _____ p.m. _____									
Goal	Sunday a.m. _____ 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			
Route:				Why:			Other Thoughts:			
PPM Program		Slow Interavals		Pace Intervals		Fast Intervals		Fartlek		Big Meet Prep

Every Day is a Great Day!!

Don't Waste a Heartbeat!!



Goal-Oriented People Find a Way!!!

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