Orange Crush Running Club- Your Mileage Record and Statistics- *Doing what other's don't, won't and can't do!*

| Day | Date | Weather | Primary Run Type | Distance of Primary Run | Total Time | Pace per Mile (PPM) | Warm Up/Cool Down | Morning (AM) | Aftrenoon (PM) | Total for Day | Total for this Week | Total for this Month | Total for this Season | Total for this Year | Total for Career | Continous Days | Positive Thoughts | Other Thoughts |
|---------------|------|---------|------------------|----------------------------|------------|------------------------|----------------------|--------------|----------------|---------------|---------------------|----------------------|-----------------------|---------------------|------------------|----------------|-------------------|----------------|
| Mon | | | | | | | | | | | | | | | | | | |
| Tue | | | | | | | | | | | | | | | | | | |
| Wed | | | | | | | | | | | | | | | | | | |
| Thu | | | | | | | | | | | | | | | | | | |
| Fri | | | | | | | | | | | | | | | | | | |
| Sat | | | | | | | | | | | | | | | | | | |
| Sun | | | | | | | | | | | | | | | | | | |
| Mon | | | | | | | | | | | | | | | | | | |
| Tues | | | | | | | | | | | | | | | | | | |
| Wed | | | | | | | | | | | | | | | | | | |
| Thu | | | | | | | | | | | | | | | | | | |
| Fri | | | | | | | | | | | | | | | | | | |
| Sat | | | | | | | | | | | | | | | | | | |
| Sun | | | | | | | | | | | | | | | | | | |
| Mon | | | | | | | | | | | | | | | | | | |
| Tue | | | | | | | | | | | | | | | | | | |
| Wed | | | | | | | | | | | | | | | | | | |
| Thu | | | | | | | | | | | | | | | | | | |
| Fri | | | | | | | | | | | | | | | | | | |
| Sat | | | | | | | | | | | | | | | | | | |
| Sun Notes: | | | | | | | | | | | | | | | | | | |

Notes:



ORANGE CRUSH TRAINING LOG SHEET

"Hard work, given time beats talent, or makes talent rise to higher levels."

| The PPM Program (Daily Schedule) | | | | | | | T | W | Т | F | S | S | M | T | W | Т | F | S | S | M | Т | W | T | F | S | S | |
|--|---|---------|----------------------|---------|---------|----------|-----------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|--|
| Young Athletes-See coaches for variations on this mileage structure | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Т | M | T | w | Т | F | s | s | | | | | | | | | | | | | | | | | | | | |
| 7 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | | | | | | | | | | | | | | | | | | | | |
| 14 | 2 | 1 | 2 | 2 | 2 | 3 | 2 | | | | | | | | | | | | | | | | | | | | |
| 21 | 3 | 2 | 3 | 3 | 2 | 5 | 3 | | | | | | | | | | | | | | | | | | | | |
| 28 | 5 | 3 | 4 | 4 | 3 | 6 | 4 | | | | | | | | | | | | | | | | | | | | |
| 35 | 6 | 4 | 5 | 5 | 4 | 7 | 5 | | | | | | | | | | | | | | | | | | | | |
| 42 | 7 | 4 | 6 | 6 | 5 | 9 | 6 | | | | | | | | | | | | | | | | | | | | |
| 49 | 9 | 4 | 7 | 7 | 6 | 10 | 7 | | | | | | | | | | | | | | | | | | | | |
| 56 | 10 | 4 | 8 | 8 | 7 | 12 | 8 | | | | | | | | | | | | | | | | | | | | |
| 63 | 12 | 4 | 9 | 9 | 8 | 12 | 10 | | | | | | | | | | | | | | | | | | | | |
| | Monday is the base day for the week | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tuesday is the base PPM for Thursday Wednesday is a maintenance day | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ursday i | | | | | ia tha h | 000 | | | | | | | | | | | | | | | | | | | | |
| for sle | ow inter | rvals d | lone lat | er both | in nur | nber ar | asc id | | | | | | | | | | | | | | | | | | | | |
| | urday i | | | | the we | ek but | not | | | | | | | | | | | | | | | | | | | | |
| neces (Basic | sarily n c Unit) nday is | on-sto | p. It is st mile. | also th | ie BU d | day. Th | e BU | | | | | | | | | | | | | | | | | | | | |
| | | | | | ired as | follow | s. | | | | | | | | | | | | | | | | | | | | |
| Take and a | 8. CT (Critical Threshold) is figured as follows. Take the pace per mile of the Thursday PPM run and add :45 to 1:00 for girls 9. The times for CT days are important also | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Name | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| A gas | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Age: | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Season: | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Year: "There is no thred in life so thin as thath which separates winning from losing." | | | | | | | ich | | | | | | | | | | | | | | | | | | | | |
| "The fun begins when the work starts!" | | | | | | | | | | | | | | | | | | | | | | | | | | | |