

# The OrangeCrush Log Sheet-Extra Effort is the Key to Success

Name: Erica Brown

Week Dates(Mon though Sun): 6/11/14-6/17/14

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. <input checked="" type="checkbox"/> p.m. _____	Long Run	grass	77, hot hum	3	21:45	7:15	7:30, 7:15, 7:00	3	
Goal:	Tuesday a.m. <input checked="" type="checkbox"/> p.m. _____	Short & Fas	sidewalk	76, cloudy	2	12:30	6:15	6:00, 6:30	2	
Goal	Wednesday a.m. <input checked="" type="checkbox"/> p.m. _____	CD	grass trail	78, sunny	3	22:00	7:20	7:20, 7:20, 7:20	3	
Goal	Thursday a.m. <input checked="" type="checkbox"/> p.m. _____	LF	sidewalk	79, windy	3	21:00	7:00	6:50, 7:00, 7:10	3	
Goal	Friday a.m. <input checked="" type="checkbox"/> p.m. _____	Cd	sidewalk	75, sunny	2	15:27	7:43	8:01, 7:26	2	
Goal	Saturday a.m. <input checked="" type="checkbox"/> p.m. _____	LD/BU	track	75, sunny	5	BU: 5:40	NA	WU: 8:00, BU-5:40, 3 miles at: 24:00	5	
Goal	Sunday a.m. <input checked="" type="checkbox"/> p.m. _____	CD	trail	75, sunny	2	15:55	7:58	8:01, 7:57	2	
Total Completed Days for Week			7	Your Best Run of the Week:			Total Miles this Week			21
Total Completed Days to Date			14	Personal best on my Short and Fas			Total Miles to Date			42
Consecutive Days of Training			14				Goal for Race this Week			5:41 - BU
Quote: To become a better athlete, you must become a better person				Why: comparing my time last year to this year, I am ahead of my training, and kept pushing through mile 2.			Other Thoughts: need to work on recovery-drink more water, and get more sleep, babysat on Wednesday night- felt it on Thursday. First week at this level- time a little slow because of glycogen shock, should slow down less next week.			
Oxy Del Phase 1-1, 1-2, 1-3, 1-4, 1-5, 1-6, 1-7, 1-8			Rep Quality Phase 2-1, 2-2, 2-3, 2-4, 2-5, 2-6			Interval Quality Phase 3-1, 3-2, 3-3,3-4, 3-5, 3-			Final Quality Phase 4-1, 4-2, 4-3, 4-4, 4-5, 4-6	

Every Day is a Great Day!!

Don't Waste a Heartbeat!!




**Goal-Oriented People Find a Way!!!**

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Total Completed Days to Date							Total Miles to Date		
Consecutive Days of Training							Goal for Race this Week		
Qoute:				Why:			Other Thoughts:		
									
Oxy Del Phase 1-1, 1-2, 1-3, 1-4, 1-5, 1-6, 1-7, 1-8			Rep Quality Phase 2-1, 2-2, 2-3, 2-4, 2-5, 2-6			Interval Quality Phase 3-1, 3-2, 3-3,3-4, 3-5, 3-		Final Quality Phase 4-1, 4-2, 4-3, 4-4, 4-5, 4-6	

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