

A STARTING LINE



<input checked="" type="checkbox"/>	DAY	TRAINING PLAN	MILES
<input type="checkbox"/>	MONDAY	2-3 MILES	<input type="text"/>
<input type="checkbox"/>	TUESDAY	TRACK	<input type="text"/>
<input type="checkbox"/>	WEDNESDAY	RECOVERY	<input type="text"/>
<input type="checkbox"/>	THURSDAY	RECOVERY	<input type="text"/>
<input type="checkbox"/>	FRIDAY	2-3 MILES	<input type="text"/>
<input type="checkbox"/>	SATURDAY	3-4 MILES	<input type="text"/>
<input type="checkbox"/>	SUNDAY	RECOVERY	<input type="text"/>

NOTES

MILEAGE GOAL: 8.5 MILES

TOTAL MILES

**HOW I'M FEELING THIS WEEK
(CIRCLE ONE)**



NEXT WEEK'S GOALS

MY MANTRA

SET GOOD HABITS



<input checked="" type="checkbox"/>	DAY	TRAINING PLAN	MILES
<input type="checkbox"/>	MONDAY	2-4 MILES	<input type="text"/>
<input type="checkbox"/>	TUESDAY	TRACK	<input type="text"/>
<input type="checkbox"/>	WEDNESDAY	RECOVERY	<input type="text"/>
<input type="checkbox"/>	THURSDAY	FARTLEK	<input type="text"/>
<input type="checkbox"/>	FRIDAY	2-4 MILES	<input type="text"/>
<input type="checkbox"/>	SATURDAY	3-4 MILES	<input type="text"/>
<input type="checkbox"/>	SUNDAY	RECOVERY	<input type="text"/>

NOTES

MILEAGE GOAL: 11 MILES

TOTAL MILES

HOW I'M FEELING THIS WEEK
(CIRCLE ONE)



NEXT WEEK'S GOALS

MOTIVATIONAL QUOTE

DEVELOP CONSISTENCY



<input checked="" type="checkbox"/>	DAY	TRAINING PLAN	MILES
<input type="checkbox"/>	MONDAY	2-5 MILES	<input type="text"/>
<input type="checkbox"/>	TUESDAY	TRACK	<input type="text"/>
<input type="checkbox"/>	WEDNESDAY	RECOVERY	<input type="text"/>
<input type="checkbox"/>	THURSDAY	FARTLEK	<input type="text"/>
<input type="checkbox"/>	FRIDAY	2-5 MILES	<input type="text"/>
<input type="checkbox"/>	SATURDAY	4-5 MILES	<input type="text"/>
<input type="checkbox"/>	SUNDAY	RECOVERY	<input type="text"/>

NOTES

MILEAGE GOAL: 13.5 MILES

TOTAL MILES

HOW I'M FEELING THIS WEEK
(CIRCLE ONE)



NEXT WEEK'S GOALS

FAVORITE SONG OF THE WEEK

WARM UP



<input checked="" type="checkbox"/>	DAY	TRAINING PLAN	MILES
<input type="checkbox"/>	MONDAY	2-5 MILES	<input type="text"/>
<input type="checkbox"/>	TUESDAY	TRACK	<input type="text"/>
<input type="checkbox"/>	WEDNESDAY	RECOVERY	<input type="text"/>
<input type="checkbox"/>	THURSDAY	TEMPO	<input type="text"/>
<input type="checkbox"/>	FRIDAY	2-5 MILES	<input type="text"/>
<input type="checkbox"/>	SATURDAY	5-6 MILES	<input type="text"/>
<input type="checkbox"/>	SUNDAY	RECOVERY	<input type="text"/>

NOTES

MILEAGE GOAL: 14.5 MILES

TOTAL MILES

HOW I'M FEELING THIS WEEK
(CIRCLE ONE)



NEXT WEEK'S GOALS

SOMEONE WHO HAS INSPIRED ME THIS WEEK

TIME TO EVOLVE



<input checked="" type="checkbox"/>	DAY	TRAINING PLAN	MILES
<input type="checkbox"/>	MONDAY	2-5 MILES	<input type="text"/>
<input type="checkbox"/>	TUESDAY	TRACK	<input type="text"/>
<input type="checkbox"/>	WEDNESDAY	RECOVERY	<input type="text"/>
<input type="checkbox"/>	THURSDAY	TEMPO	<input type="text"/>
<input type="checkbox"/>	FRIDAY	2-5 MILES	<input type="text"/>
<input type="checkbox"/>	SATURDAY	5-7 MILES	<input type="text"/>
<input type="checkbox"/>	SUNDAY	RECOVERY	<input type="text"/>

NOTES

MILEAGE GOAL: 16.75 MILES

TOTAL MILES

HOW I'M FEELING THIS WEEK
(CIRCLE ONE)



NEXT WEEK'S GOALS

FAVORITE RUN THIS WEEK

READY TO RUN



<input checked="" type="checkbox"/>	DAY	TRAINING PLAN	MILES
<input type="checkbox"/>	MONDAY	2-5 MILES	<input type="text"/>
<input type="checkbox"/>	TUESDAY	TRACK	<input type="text"/>
<input type="checkbox"/>	WEDNESDAY	RECOVERY	<input type="text"/>
<input type="checkbox"/>	THURSDAY	PROGRESSION	<input type="text"/>
<input type="checkbox"/>	FRIDAY	2-5 MILES	<input type="text"/>
<input type="checkbox"/>	SATURDAY	6-8 MILES	<input type="text"/>
<input type="checkbox"/>	SUNDAY	RECOVERY	<input type="text"/>

NOTES

MILEAGE GOAL: 13.2 MILES

TOTAL MILES

HOW I'M FEELING THIS WEEK
(CIRCLE ONE)



NEXT WEEK'S GOALS

SOMEONE WHO HAS SUPPORTED ME THIS WEEK

SHARPEN EVERY STEP



<input checked="" type="checkbox"/>	DAY	TRAINING PLAN	MILES
<input type="checkbox"/>	MONDAY	2-5 MILES	<input type="text"/>
<input type="checkbox"/>	TUESDAY	TRACK	<input type="text"/>
<input type="checkbox"/>	WEDNESDAY	RECOVERY	<input type="text"/>
<input type="checkbox"/>	THURSDAY	TRACK	<input type="text"/>
<input type="checkbox"/>	FRIDAY	2-5 MILES	<input type="text"/>
<input type="checkbox"/>	SATURDAY	5-6 MILES	<input type="text"/>
<input type="checkbox"/>	SUNDAY	RECOVERY	<input type="text"/>

NOTES

MILEAGE GOAL: 16 MILES

TOTAL MILES

HOW I'M FEELING THIS WEEK
(CIRCLE ONE)



NEXT WEEK'S GOALS

NAME WHAT YOU ARE EXCITED FOR NEXT WEEK

THE STARTING LINE



<input checked="" type="checkbox"/>	DAY	TRAINING PLAN	MILES
<input type="checkbox"/>	MONDAY	2-5 MILES	<input type="text"/>
<input type="checkbox"/>	TUESDAY	TRACK	<input type="text"/>
<input type="checkbox"/>	WEDNESDAY	RECOVERY	<input type="text"/>
<input type="checkbox"/>	THURSDAY	TRACK	<input type="text"/>
<input type="checkbox"/>	FRIDAY	RACE WEEKEND	<input type="text"/>
<input type="checkbox"/>	SATURDAY	RACE WEEKEND	<input type="text"/>
<input type="checkbox"/>	SUNDAY	RACE WEEKEND	<input type="text"/>

NOTES

MILEAGE GOAL: 7 MILES

TOTAL MILES

HOW I'M FEELING THIS WEEK
(CIRCLE ONE)



THIS YEAR'S GOALS
