



# BY THE WORK, ONE KNOWS THE WORKMAN



Logsheet For:

Week Of:

Day	Amount of Sleep (hrs)	Nutrition	Type of Run	Route	Weather	Distance of Run	Time	Pace/Mile	Splits	Total Miles
Monday____ a.m.____ p.m.____										
Tuesday____ a.m.____ p.m.____										
Wednesday____ a.m.____ p.m.____										
Thursday____ a.m.____ p.m.____										
Friday____ a.m.____ p.m.____										
Saturday____ a.m.____ p.m.____										
Sunday____ a.m.____ p.m.____										
Total Completed Days This Week				Goal(s)				Total Weekly Miles		
Total Completed Days to Date								Total Career Miles		
Motivating Quote of the Week								PR's This Week (any distance)		
Circle Level of Training	PPM Prog: Miles____	Slow Intervals		Pace Intervals		Fast Intervals		Fartlek		Big Meet Prep

Cougar XC is...

CHARACTER

COMMITMENT

SACRIFICE

EFFORT