

Main Workout: \_\_\_\_\_ Time: \_\_\_\_\_ : \_\_\_\_\_ Dist: \_\_\_\_\_ 12/29/2007

Sunday	Dist/exe.	Time/#	HR/wt.	Dist/exe.	Time/#	HR/wt.	Dist/exe.	Time/#	HR/wt.			
	1				7				13			
	2				8				14			
	3				9				15			
	4				10				16			
	5				11				17			
	6				12				18			

Notes: \_\_\_\_\_

2nd Workout: \_\_\_\_\_ AM / PM Time: \_\_\_\_\_ : \_\_\_\_\_ Dist: \_\_\_\_\_

Main Workout: \_\_\_\_\_ Time: \_\_\_\_\_ : \_\_\_\_\_ Dist: \_\_\_\_\_ 12/30/2007

Monday	Dist/exe.	Time/#	HR/wt.	Dist/exe.	Time/#	HR/wt.	Dist/exe.	Time/#	HR/wt.			
	1				7				13			
	2				8				14			
	3				9				15			
	4				10				16			
	5				11				17			
	6				12				18			

Notes: \_\_\_\_\_

2nd Workout: \_\_\_\_\_ AM / PM Time: \_\_\_\_\_ : \_\_\_\_\_ Dist: \_\_\_\_\_

Main Workout: \_\_\_\_\_ Time: \_\_\_\_\_ : \_\_\_\_\_ Dist: \_\_\_\_\_ 12/31/2007

Tuesday	Dist/exe.	Time/#	HR/wt.	Dist/exe.	Time/#	HR/wt.	Dist/exe.	Time/#	HR/wt.			
	1				7				13			
	2				8				14			
	3				9				15			
	4				10				16			
	5				11				17			
	6				12				18			

Notes: \_\_\_\_\_

2nd Workout: \_\_\_\_\_ AM / PM Time: \_\_\_\_\_ : \_\_\_\_\_ Dist: \_\_\_\_\_

Main Workout: \_\_\_\_\_ Time: \_\_\_\_\_ : \_\_\_\_\_ Dist: \_\_\_\_\_ 1/1/2008

Wednesday	Dist/exe.	Time/#	HR/wt.	Dist/exe.	Time/#	HR/wt.	Dist/exe.	Time/#	HR/wt.			
	1				7				13			
	2				8				14			
	3				9				15			
	4				10				16			
	5				11				17			
	6				12				18			

Notes: \_\_\_\_\_

2nd Workout: \_\_\_\_\_ AM / PM Time: \_\_\_\_\_ : \_\_\_\_\_ Dist: \_\_\_\_\_

Main Workout: \_\_\_\_\_ Time: \_\_\_\_\_ : \_\_\_\_\_ Dist: \_\_\_\_\_ 1/2/2008

	Thursday								
	Dist/exe.	Time/#	HR/wt.	Dist/exe.	Time/#	HR/wt.	Dist/exe.	Time/#	HR/wt.
1				7			13		
2				8			14		
3				9			15		
4				10			16		
5				11			17		
6				12			18		

Notes: \_\_\_\_\_

2nd Workout: \_\_\_\_\_ AM / PM Time: \_\_\_\_\_ : \_\_\_\_\_ Dist: \_\_\_\_\_

Main Workout: \_\_\_\_\_ Time: \_\_\_\_\_ : \_\_\_\_\_ Dist: \_\_\_\_\_ 1/3/2008

	Friday								
	Dist/exe.	Time/#	HR/wt.	Dist/exe.	Time/#	HR/wt.	Dist/exe.	Time/#	HR/wt.
1				7			13		
2				8			14		
3				9			15		
4				10			16		
5				11			17		
6				12			18		

Notes: \_\_\_\_\_

2nd Workout: \_\_\_\_\_ AM / PM Time: \_\_\_\_\_ : \_\_\_\_\_ Dist: \_\_\_\_\_

Main Workout: \_\_\_\_\_ Time: \_\_\_\_\_ : \_\_\_\_\_ Dist: \_\_\_\_\_ 1/4/2008

	Saturday								
	Dist/exe.	Time/#	HR/wt.	Dist/exe.	Time/#	HR/wt.	Dist/exe.	Time/#	HR/wt.
1				7			13		
2				8			14		
3				9			15		
4				10			16		
5				11			17		
6				12			18		

Notes: \_\_\_\_\_

2nd Workout: \_\_\_\_\_ AM / PM Time: \_\_\_\_\_ : \_\_\_\_\_ Dist: \_\_\_\_\_

12/29/07 to 01/04/08 Intensity Level: 1 2 3 4 Comments: \_\_\_\_\_

Resting Heart Rate		Weight:	
Week in Review	Sunday	Notes/Records: _____	_____
	Monday	Notes/Records: _____	_____
	Tuesday	Notes/Records: _____	_____
	Wednesday	Notes/Records: _____	_____
	Thursday	Notes/Records: _____	_____
	Friday	Notes/Records: _____	_____
	Saturday	Notes/Records: _____	_____