

Daily Training Log

Name _____ Age _____ Year _____

Month	Day	minutes walked/jogged/run									Exercise heart rate	number of miles run									
		<20	25	30	35	40	45	50	55	>60		1	2	3	4	5	6	7	8	9	10
9	4	19									159		2								
	7	20									161		2								
	9	21									150		2								
	11	19									155			3							
	14			31									2								
	16	21									153		2								
	18			30							150			3							
	21			31							156			3							
	23				35						162				3.5						
	25				36						158				3.5						
	28			30											3						
	30				35						150				3.5						
10	2					40					156				4						
	5				39						150				4						
	7				36										3.5						
	9			30							150				3						
	11				35											3.5					
	14			31							156				3						
	16				36											3.5					
	18					41										4					
	19					40										4					
	21						46				150						4.5				
	23				35						156					3.5					
	24						45				150						4.5				
	26							50									5				
	28				35											3.5					
	30						46										4.5				
	31				36						162					3.5					
11	2							51			156					5					
	4					40					150					4					
	6							50			150						5				
	7				35											3.5					
	9			30												3					
	11			30												3					
	13					41					150						4				
	14			32							150					3					
	16				39												4				
	18						46				150							4.5			
	19							52			150							5			
	21			30							156						3				

Total Miles 143