

# Daily Training Log

Name \_\_\_\_\_ Age \_\_\_\_\_ Year \_\_\_\_\_

| Month | Day | <5 | 5    | 6 | 7 | 8 | 9 | 10 | 11 | 12   | 13 | 14 | 15 | 16   | 17 | 18 | 19 | 20 | 21 | 22 | >22 | Weekly total miles |
|-------|-----|----|------|---|---|---|---|----|----|------|----|----|----|------|----|----|----|----|----|----|-----|--------------------|
| 9     | 7   | 4  |      |   |   |   |   |    |    |      |    |    |    |      |    |    |    |    |    |    |     | 4                  |
|       | 14  |    |      |   | 7 |   |   |    |    |      |    |    |    |      |    |    |    |    |    |    |     | 7                  |
|       | 21  |    |      |   |   | 8 |   |    |    |      |    |    |    |      |    |    |    |    |    |    |     | 8                  |
|       | 28  |    |      |   |   |   |   | 10 |    |      |    |    |    |      |    |    |    |    |    |    |     | 10                 |
| 10    | 5   |    |      |   |   |   |   |    |    | 11.5 |    |    |    |      |    |    |    |    |    |    |     | 11.5               |
|       | 12  |    |      |   |   |   |   | 10 |    |      |    |    |    |      |    |    |    |    |    |    |     | 10                 |
|       | 19  |    |      |   |   |   |   |    |    | 12   |    |    |    |      |    |    |    |    |    |    |     | 12                 |
|       | 26  |    |      |   |   |   |   |    |    |      |    |    | 15 |      |    |    |    |    |    |    |     | 15                 |
| 11    | 2   |    |      |   |   |   |   |    |    |      |    |    |    |      | 17 |    |    |    |    |    |     | 17                 |
|       | 9   |    |      |   |   |   |   |    |    |      |    |    |    | 15.5 |    |    |    |    |    |    |     | 15.5               |
|       | 16  |    |      |   |   |   |   |    |    |      |    | 14 |    |      |    |    |    |    |    |    |     | 14                 |
|       | 23  |    |      |   |   |   |   |    |    |      |    |    |    |      | 17 |    |    |    |    |    |     | 17                 |
|       | 30  | 0  | Sick |   |   |   |   |    |    |      |    |    |    |      |    |    |    |    |    |    |     | 0                  |
| 12    | 7   |    |      |   | 7 |   |   |    |    |      |    |    |    |      |    |    |    |    |    |    |     | 7                  |
|       | 14  |    |      |   |   |   |   | 10 |    |      |    |    |    |      |    |    |    |    |    |    |     | 10                 |
|       | 21  |    |      |   |   |   |   |    |    |      |    | 14 |    |      |    |    |    |    |    |    |     | 14                 |
|       | 28  |    |      |   |   |   |   |    |    |      |    |    |    |      | 17 |    |    |    |    |    |     | 17                 |
| 1     | 4   |    |      |   |   |   |   |    |    |      |    |    |    |      |    |    |    |    |    |    |     |                    |
|       | 11  |    |      |   |   |   |   |    |    |      |    |    |    |      |    |    |    |    |    |    |     |                    |
|       | 18  |    |      |   |   |   |   |    |    |      |    |    |    |      |    |    |    |    |    |    |     |                    |
|       | 25  |    |      |   |   |   |   |    |    |      |    |    |    |      |    |    |    |    |    |    |     |                    |
| 2     | 1   |    |      |   |   |   |   |    |    |      |    |    |    |      |    |    |    |    |    |    |     |                    |
|       | 8   |    |      |   |   |   |   |    |    |      |    |    |    |      |    |    |    |    |    |    |     |                    |
|       | 15  |    |      |   |   |   |   |    |    |      |    |    |    |      |    |    |    |    |    |    |     |                    |
|       | 22  |    |      |   |   |   |   |    |    |      |    |    |    |      |    |    |    |    |    |    |     |                    |
| 3     | 1   |    |      |   |   |   |   |    |    |      |    |    |    |      |    |    |    |    |    |    |     |                    |
|       | 8   |    |      |   |   |   |   |    |    |      |    |    |    |      |    |    |    |    |    |    |     |                    |
|       | 15  |    |      |   |   |   |   |    |    |      |    |    |    |      |    |    |    |    |    |    |     |                    |
|       | 22  |    |      |   |   |   |   |    |    |      |    |    |    |      |    |    |    |    |    |    |     |                    |
|       | 29  |    |      |   |   |   |   |    |    |      |    |    |    |      |    |    |    |    |    |    |     |                    |

Total Miles \_\_\_\_\_