

# RUNNER'S WORLD 12-WEEK TRAINING LOG

## WEEK 1

DAY	DISTANCE	TIME	COURSE	NOTES: Heart Rate, Weather, Temperature, Mood
<b>M</b>				
<b>Tu</b>				
<b>W</b>				
<b>Th</b>				
<b>F</b>				
<b>Sa</b>				
<b>Su</b>				

**WEEK 1** \_\_\_\_\_ **TOTAL**  
 Last week's Y-T-D total \_\_\_\_\_  
**Year to date** \_\_\_\_\_ **TOTAL**

**"You only get cheered in running. Every other sport, you get booed."**  
*— Bill Rodgers, 4-time winner of both the Boston and New York City marathons*

# RUNNER'S WORLD 12-WEEK TRAINING LOG

## WEEK 2

DAY	DISTANCE	TIME	COURSE	NOTES: Heart Rate, Weather, Temperature, Mood
<b>M</b>				
<b>Tu</b>				
<b>W</b>				
<b>Th</b>				
<b>F</b>				
<b>Sa</b>				
<b>Su</b>				

<b>WEEK 2</b>	TOTAL
Last week's Y-T-D total	
<b>Year to date</b>	TOTAL

**A rule of thumb: The shorter the race or workout, the more thorough the warmup needs to be.**

— Runner's World *training tip*

# RUNNER'S WORLD 12-WEEK TRAINING LOG

## WEEK 3

DAY	DISTANCE	TIME	COURSE	NOTES: Heart Rate, Weather, Temperature, Mood
<b>M</b>				
<b>Tu</b>				
<b>W</b>				
<b>Th</b>				
<b>F</b>				
<b>Sa</b>				
<b>Su</b>				

<b>WEEK 3</b>	<b>TOTAL</b>
Last week's Y-T-D total	
<b>Year to date</b>	<b>TOTAL</b>

**“Eat every 3 to 4 hours to keep your energy level up and your brain thinking clearly. Start with a decent breakfast, even if it’s in your car.”**

— Liz Applegate, Ph.D., Runner’s World nutrition columnist

# RUNNER'S WORLD 12-WEEK TRAINING LOG

## WEEK 4

DAY	DISTANCE	TIME	COURSE	NOTES: Heart Rate, Weather, Temperature, Mood
<b>M</b>				
<b>Tu</b>				
<b>W</b>				
<b>Th</b>				
<b>F</b>				
<b>Sa</b>				
<b>Su</b>				

**WEEK 4** \_\_\_\_\_ **TOTAL**  
 Last week's Y-T-D total \_\_\_\_\_  
**Year to date** \_\_\_\_\_ **TOTAL**

**“One of the enjoyable things about running is the camaraderie. You’re sort of stuck together, so it forces you to have conversations.”**

— Ed Hochuli, NFL referee

# RUNNER'S WORLD 12-WEEK TRAINING LOG

## WEEK 5

DAY	DISTANCE	TIME	COURSE	NOTES: Heart Rate, Weather, Temperature, Mood
<b>M</b>				
<b>Tu</b>				
<b>W</b>				
<b>Th</b>				
<b>F</b>				
<b>Sa</b>				
<b>Su</b>				

<b>WEEK 5</b>	TOTAL
Last week's Y-T-D total	
<b>Year to date</b>	<b>TOTAL</b>

**There's plenty of advice on how to become a better runner, but try to focus on what's manageable.  
Remember: You started running to feel better, not to become stressed.**

— Runner's World *training tip*

# RUNNER'S WORLD 12-WEEK TRAINING LOG

## WEEK 6

DAY	DISTANCE	TIME	COURSE	NOTES: Heart Rate, Weather, Temperature, Mood
<b>M</b>				
<b>Tu</b>				
<b>W</b>				
<b>Th</b>				
<b>F</b>				
<b>Sa</b>				
<b>Su</b>				

**WEEK 6** \_\_\_\_\_ **TOTAL**  
 Last week's Y-T-D total \_\_\_\_\_  
**Year to date** \_\_\_\_\_ **TOTAL**

**Set a measurable target, whether it's cutting your 5-K time by 30 seconds or losing 5 pounds.**

— Runner's World *training tip*

# RUNNER'S WORLD 12-WEEK TRAINING LOG

## WEEK 7

DAY	DISTANCE	TIME	COURSE	NOTES: Heart Rate, Weather, Temperature, Mood
<b>M</b>				
<b>Tu</b>				
<b>W</b>				
<b>Th</b>				
<b>F</b>				
<b>Sa</b>				
<b>Su</b>				

**WEEK 7** \_\_\_\_\_ **TOTAL**  
 Last week's Y-T-D total \_\_\_\_\_  
**Year to date** \_\_\_\_\_ **TOTAL**

**“Vary the pace on every run—even easy runs. This can be as simple as pushing the pace for 5 minutes or doing short ‘pickups’ midrun. It will expose your muscles to a fuller range of motion.”**

— Ian Dobson, 26, competitor at the '08 Olympics in the 5000 meters

# RUNNER'S WORLD 12-WEEK TRAINING LOG

## WEEK 8

DAY	DISTANCE	TIME	COURSE	NOTES: Heart Rate, Weather, Temperature, Mood
<b>M</b>				
<b>Tu</b>				
<b>W</b>				
<b>Th</b>				
<b>F</b>				
<b>Sa</b>				
<b>Su</b>				

**WEEK 8** \_\_\_\_\_ **TOTAL**  
 Last week's Y-T-D total \_\_\_\_\_  
**Year to date** \_\_\_\_\_ **TOTAL**

**On low-motivation days, review your training log to reaffirm your progress.**

— Runner's World *training tip*



# RUNNER'S WORLD 12-WEEK TRAINING LOG

## WEEK 9

DAY	DISTANCE	TIME	COURSE	NOTES: Heart Rate, Weather, Temperature, Mood
<b>M</b>				
<b>Tu</b>				
<b>W</b>				
<b>Th</b>				
<b>F</b>				
<b>Sa</b>				
<b>Su</b>				

**WEEK 9** \_\_\_\_\_ **TOTAL**  
 Last week's Y-T-D total \_\_\_\_\_  
**Year to date** \_\_\_\_\_ **TOTAL**

**“Before a race, I focus on my goal and the hard training I’ve done. It motivates me to let it all out that day. For me, races are the celebration of my training.”**

— Dan Browne, '07 National Champion in the 5-K and 20-K

# RUNNER'S WORLD 12-WEEK TRAINING LOG

## WEEK 10

DAY	DISTANCE	TIME	COURSE	NOTES: Heart Rate, Weather, Temperature, Mood
<b>M</b>				
<b>Tu</b>				
<b>W</b>				
<b>Th</b>				
<b>F</b>				
<b>Sa</b>				
<b>Su</b>				

<b>WEEK 10</b>	.....	<b>TOTAL</b>
Last week's Y-T-D total	.....	
<b>Year to date</b>	.....	<b>TOTAL</b>

**“Running in old shoes is like driving on bald tires. You might make the next town, but then again, you might have a blowout.”**

— J.D. Denton, a.k.a. “The Shoe Guy”

# RUNNER'S WORLD 12-WEEK TRAINING LOG

## WEEK 11

DAY	DISTANCE	TIME	COURSE	NOTES: Heart Rate, Weather, Temperature, Mood
<b>M</b>				
<b>Tu</b>				
<b>W</b>				
<b>Th</b>				
<b>F</b>				
<b>Sa</b>				
<b>Su</b>				

<b>WEEK 11</b>	TOTAL
Last week's Y-T-D total	
<b>Year to date</b>	<b>TOTAL</b>

**"It doesn't matter how fast you are—if the aerobic strength isn't there, your speed is useless. You can't maintain a fast pace and still have a kick."**

— Shayne Culpepper, '07 U.S. indoor mile champion and '04 Olympian in the 5000 meters

# RUNNER'S WORLD 12-WEEK TRAINING LOG

## WEEK 12

DAY	DISTANCE	TIME	COURSE	NOTES: Heart Rate, Weather, Temperature, Mood
<b>M</b>				
<b>Tu</b>				
<b>W</b>				
<b>Th</b>				
<b>F</b>				
<b>Sa</b>				
<b>Su</b>				

<b>WEEK 12</b>		<b>TOTAL</b>
Last week's Y-T-D total		
<b>Year to date</b>		<b>TOTAL</b>

**Talk to yourself. Athletes who use instructional and motivational self-talk before an event perform better than those who don't.**

— Runner's World *training tip*