<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Weather</th>
<th>Morning Heart Rate</th>
<th>Weight</th>
<th>Total minutes or miles</th>
<th>Pace/mile</th>
<th>Average Heart Rate</th>
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**Workout**  
LAR  ACR  RAR  FAR  LTR  LTI  MVO  MSA (accelerations)  RED (strides)  Fartlek  Terrain/Course/Location  Strength Train  Yes  No  Flexibility  Yes  No  

**Nutrition**  
Quality of Sleep  Sleep  Sleep hours 4 5 6 7 8 9 10 11 >11  Mood  Fatigue before run  Fatigue during run  

**Willingness to train**  
very willing  moderately willing  not very willing  did not train  

**Location of soreness**  
Was your training affected by illness or injury?  
not affected  a little  moderately  very much  couldn’t run  

**Notes:**  
Day  Date  Weather  
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<th>Date</th>
<th>Weather</th>
<th>HR</th>
<th>Weight</th>
<th>Tot Min Miles</th>
<th>Pace/mile</th>
<th>Ave HR</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>7/7</td>
<td>80°, humid</td>
<td>52</td>
<td>126</td>
<td>45</td>
<td>7:00</td>
<td>140</td>
<td>Steady run with team, felt decent.</td>
</tr>
<tr>
<td>Tue</td>
<td>7/8</td>
<td>74°, nice</td>
<td>52</td>
<td>126</td>
<td>80</td>
<td>8:00</td>
<td>133</td>
<td>Long run with Steve, Frank, Bill, we just chilled and had a good run. Did 8x 150m strides at end.</td>
</tr>
<tr>
<td>Wed</td>
<td>7/9</td>
<td>82°, hot</td>
<td>59</td>
<td>126</td>
<td>60</td>
<td>7:00</td>
<td>142</td>
<td>Yesterday's run took more out of me than I thought. I was tired this morning and my legs hurt a little.</td>
</tr>
<tr>
<td>Thu</td>
<td>7/10</td>
<td>80°, rain</td>
<td>54</td>
<td>126</td>
<td>40</td>
<td>7:30</td>
<td>150</td>
<td>I was just in a bad mood today, I felt better than yesterday, but just not feeling quite right.</td>
</tr>
<tr>
<td>Fri</td>
<td>7/11</td>
<td>95°, not!!</td>
<td>54</td>
<td>126</td>
<td>30</td>
<td>7:00</td>
<td>145</td>
<td>I slept terribly last night and was just exhausted before and during run.</td>
</tr>
<tr>
<td>Sat</td>
<td>7/12</td>
<td>70°, nice</td>
<td>50</td>
<td>127</td>
<td>60</td>
<td>7:00</td>
<td>148</td>
<td>Much much better! Today I warmed-up for 10 min, then ran 40 miles @ 6:30 pace, then cooled down for 10 miles. Very strong.</td>
</tr>
<tr>
<td>Sun</td>
<td>7/13</td>
<td>75°, nice</td>
<td>52</td>
<td>126</td>
<td>45</td>
<td>7:00</td>
<td>140</td>
<td>Felt good again!</td>
</tr>
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