**HXC – Summer Running Log**

**Week #\_\_\_\_\_** **Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Date:** | Sun (\_\_\_ /\_\_\_) | Mon (\_\_\_ /\_\_\_) | Tues (\_\_\_ /\_\_\_) | Weds (\_\_\_ /\_\_\_) | Thurs (\_\_\_ /\_\_\_) | Fri (\_\_\_ /\_\_\_) | Sat (\_\_\_ /\_\_\_) |
| **Length of Workout:**  (Distance and Time) |  |  |  |  |  |  |  |
| **Weather:** (Temp/Humidity/  Precipitation)  **Nutrition:** |  |  |  |  |  |  |  |
| *Carbs-* |  |  |  |  |  |  |  |
| *Sugar-* |  |  |  |  |  |  |  |
| *Protein-* |  |  |  |  |  |  |  |
| *Fat-* |  |  |  |  |  |  |  |
| *Calories-* |  |  |  |  |  |  |  |
| **Sleep**:  (8-10 Recommended) |  |  |  |  |  |  |  |
| **I felt…** |  |  |  |  |  |  |  |
| **Type of Training:**  (Interval, Tempo, Speed, Hill, Long Run, Cross-Training, etc.) |  |  |  |  |  |  |  |
| **Location:** |  |  |  |  |  |  |  |

**Weekly Mileage Total: \_\_\_\_\_**