

LHSCC RUNNER'S LOG

RUNNER'S NAME _____

WEEK OF _____

MONDAY

Endurance _____

Speed _____

Strength _____

Flexibility _____

Hydration _____

Nutrition _____

 Breakfast _____

 Snack _____

 Lunch _____

 Snack _____

 Dinner _____

TUESDAY

Endurance _____

Speed _____

Strength _____

Flexibility _____

Hydration _____

Nutrition _____

 Breakfast _____

 Snack _____

 Lunch _____

 Snack _____

 Dinner _____

WEDNESDAY

Endurance _____

Speed _____

Strength _____

Flexibility _____

Hydration _____

Nutrition _____

 Breakfast _____

 Snack _____

 Lunch _____

 Snack _____

 Dinner _____

THURSDAY

Endurance _____

Speed _____

Strength _____

Flexibility _____

Hydration _____

Nutrition _____

 Breakfast _____

 Snack _____

 Lunch _____

 Snack _____

 Dinner _____

FRIDAY

Endurance _____

Speed _____

Strength _____

Flexibility _____

Hydration _____

Nutrition _____

 Breakfast _____

 Snack _____

 Lunch _____

 Snack _____

 Dinner _____

SATURDAY

Endurance _____

Speed _____

Strength _____

Flexibility _____

Hydration _____

Nutrition _____

 Breakfast _____

 Snack _____

 Lunch _____

 Snack _____

 Dinner _____

SUNDAY

Endurance _____

Speed _____

Strength _____

Flexibility _____

Hydration _____

Nutrition _____

 Breakfast _____

 Snack _____

 Lunch _____

 Snack _____

 Dinner _____

COMMENTS ON THE WEEK
