

## LEATHERNECKS IN TRAINING RUN / WALK TRAINING LOG

**WEEK:** \_\_\_\_\_ **DATES:** \_\_\_\_\_ **NAME:** \_\_\_\_\_

DAY	DISTANCE (mi)	TIME	COURSE OR ACTIVITY	NOTES (Heart Rate, Weather, Temp, Mood, Nourishment)
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
<b>WEEK TOTAL</b>				
<b>PREVIOUS YTD TOTAL</b>		<b>SUCSESSES:</b> _____ 		
<b>YTD TOTAL</b>		<b>CHALLENGES:</b> _____ 		

**MY GOAL FOR NEXT WEEK IS:** \_\_\_\_\_

"Champions do not become champions when they win the event, but in the hours, weeks, months and years they spend preparing for it. The victorious performance itself is merely the demonstration of their championship character."

T. Alan Armstrong