



Summer Running Log East Ridge Cross Country

Please use the summer training plan as a guide. If you are able, try to meet with the team for some summer runs. Please print/copy this for the 8-9 weeks between now and Monday, Aug. 15th. Write the date on top and you may fill in as much as you can. If anything, please write your mileage as we are keeping track this year. Thanks! Please use one sheet per week. **This can be turned in for letter points. DUE when practice starts!**

Week # _____

	Sun (__/__/__)	Mon. (__/__/__)	Tues. (__/__/__)	Wed. (__/__/__)	Thurs. (__/__/__)	Fri. (__/__/__)	Sat. (__/__/__)
Length (in miles or minutes etc.)							
Weather							
Sleep							
Nutrition							
I felt...							
Other (type of run, cross train...)							