

SMU CC/T&F Training Log

Date ____ / ____ / ____ Name _____

			Regenerate	Miles	Sleep	Heart Rate	Water	Stress	Study	Class
Sunday	AM	PM								
Monday	AM	PM								
Tuesday	AM	PM								
Wednesday	AM	PM								
Thursday	AM	PM								
Friday	AM	PM								
Saturday	AM	PM								

Competition Plan _____

Week

Health: _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
Mental Preparation										
Weight Training										
Core/Drills/Plyos										
Cross Training										
9:00+	8:00	7:00-8:00	6:30-7:00	6:00-6:30	5:30-6:00	5:00-5:30	4:30-5:00	4:00-4:30	3:30-4:00	3:00-3:30
4:30/2:15/67+	4:00/2:00/60+	4:00/2:00/60	3:30/1:45/52	3:15/1:37/48	3:00/1:30/45	2:45/1:22/41	2:30/1:15/37	2:15/1:07/33	2:00/1:00/30	1:45/52/26
XC 5k/8k	5k- 25:00	21:52 / 34:59	20:12 / 32:29	18:45 / 30:00	17:05 / 27:20	15:37 / 24:59	14:45-5k14:47	4:45-8k23:39	4:30-5k14:03	4:30-8k22:29
Men Outdoor	48.25- 24/12	3:16- 49/24.5	7:45- 1:56/58	1:53 - 53/26	3:55 - 62/36	9:20 - 75/37	14:45- 71/36	31:40- 76/37	1:14:00 -5:38	2:44:00 -6:14
Women	57.00- 28/14	3:55- 58/29	9:28- 2:22/71	2:14 - 67/33	4:40 - 37/18	11:25- 91/45	17:46- 85/24	37:30- 90/45	1:33:00 -7:06	3:34:00 -8:09
M Indoor	DMR 2:04/62	4x8 1:58/59	4x4 3:20- :50	4- 48.85/ 24	6- 1:21 54/27	8- 1:55 57/28	1k- 2:31 30.2	1m 4:19- 65	3k 8:41- 69.5	5k 15:02- 72
W Indoor	2:32 / 76	9:45- 2:26/73	4:00- 60	58.80/ 29	1:37- 64/32	2:18- 69/34.5	3:01- 72/36	5:11- 77/38	10:28- 84/42	18:23- 88/44

SMU Training Log

These log sheets provide me with valuable information on how your training is progressing. They will also allow me to give you more personalized attention on what is happening with your training and studies. More importantly they will help you in reaching your full potential as a student-athlete. Having a record of your training will provide you with tremendous confidence and motivation.

Date – for you to write this week’s date (Example 01/16/11)

Name – Print your name (legibly) here so I know whose great week of training this is. This is also your guarantee to me that you in fact ran all training accounted for. I trust you!

AM – For you to record your morning training. Total morning mileage number goes in small box. Record length and time of run, how you felt, etc. and any other activities such as strides, plyometrics, stretching, weights, etc.

PM – For you to record your afternoon training. Total afternoon mileage number goes in small box. Record length and time of run, how you felt, etc. and any other activities such as strides, plyometrics, stretching, weights, etc. For **intervals and PR runs, record splits.**

Regeneration – For you to record daily activities that help with injury prevention, workout recovery or injury rehabilitation, for i.e., massage, stick, exercises, swimming, walking, etc.

Miles (mils) – Total miles for day. Add numbers from small boxes (am & pm).

Sleep – For you to record the number of hours you slept that night. Try to get at least 8 hours. A full night’s rest is one of the best ways to avoid both sickness and injury.

Heart Rate – For you to record your resting heart rate. Try to check it before you get out of bed in the morning or if you take a nap in the afternoon. An elevated heart rate of more than 6-8 beats per minute can serve as an indicator that you might be coming down with a sickness, injury or perhaps overtraining.

Water – For you to record approximately the amount of water in ounces or liters (keep it consistent to one or the other) you drank today. Try to drink up to 2 liters per day (approximately one half gallon which is equal to 8 cups or 64oz. – 8oz in one cup). Carry your water bottle everywhere! Staying properly hydrated will help with recovery and the prevention of illness.

Stress – Rate your daily stress level based on total mental, physical, emotional stresses. Rate 1 to 10 with 1 being a relatively relaxing day (no classes, easy recovery run, boyfriend brought you flowers etc.) and 10 being the worst day ever (four finals, 18 miler at 6:00 min. pace, girlfriend dumped you to date some guy named Bruno).

Study – For you to record the number of hours you studied today.

Class – For you to record the classes you attended today. Going to class is your top priority – before work and practice.

Competition Plan – For you to begin thinking about what you want to do for an upcoming meet. Be sure to write down your plan and discuss it with a coach. It is difficult to meet any goals if you don’t have a plan. This will help you in approaching your race or event knowing how you want to execute a particular race or skill.

Week – For you to add up the daily mileages to give yourself a grand weekly total.

Health – For you to document illnesses and injuries, no matter how small. This will allow us to recognize problematic training situations and avoid them in the future. You could also include your overall well-being, i.e., Life is good! ☺

Mental Preparation – For you to record what you did for mental preparation, i.e., visualized my race plan for the 1500 for Spokane Falls Meet next week while lifting weights. I practiced visualization four times this week for about 15-20 minutes per session.

Weight Training – Record how many days you lifted and on what days. Include what muscle groups you worked, i.e., upper body.

Core/Drills/Plyos – Record what days you did core, drills or plyos. Try to include what exercises you did.

Cross Training – Record the days and what type of cross training exercises you performed. Include why you cross trained, i.e., legs were sore so I did active recovery, I am currently injured and the elliptical is my rehab until I am healthy.

Funny boxes with numbers – These boxes are intended to help serve as a tool in determining goal times and the paces needed to run those times. This is essentially a pace chart for both the cross country and track season. The top line lists mile paces. The second row gives the 800-400-200 splits for the slower mile pace listed. The cross country line coincides with the mile paces listing what mile splits are needed to run a certain time. The x-c goal time matches the faster paced miles until the box with the 4:30 pace. Rows 4 through 7 are for outdoor and indoor track. These numbers include the paces that are needed in order to qualify for nationals in different events ranging from the 400 to the marathon. The order for the outdoor season is 400-4x400-4x800-800-1500-3k-5k-10k-Half-marathon-Marathon. For the indoor season the order is listed in the men’s section. In most cases a 400 and 200 meter split is given (due to space the tenths of seconds were left off). For the half and full marathons mile splits are listed. These times can be helpful in developing muscle memory as well as aid in visualization. Knowing the splits you need to run for a goal time is critical! I would encourage you to commit them to memory. Visualize yourself running the time you want and believe that you can do it!

* **Note** – Please, turn in log sheets first thing on Monday before practice.