

Aggieland Panthers Cross Country Running Log

Week 1 Aug 16 - Aug 22

Day	Workout Type	Distance	Time	Location	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

Week 2 2 Aug 13 - Aug 29

Day	Workout Type	Distance	Time	Location	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

Week 3 Aug 30 - Sep 5

Day	Workout Type	Distance	Time	Location	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

Workout Types: endurance, interval, hills, recovery, cross train
 Location: include surface (grass, trail, track, road, etc.)
 Comments: note how you felt and other factors (i.e. "felt good" or "legs sore")

Aggieland Panthers Cross Country Running Log

Week 4 Sep 6 - Sep 12

Day	Workout Type	Distance	Time	Location	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

Week 5 Sep 13 - Sep 19

Day	Workout Type	Distance	Time	Location	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

Week 6 Sep 20 - Sep 26

Day	Workout Type	Distance	Time	Location	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

Workout Types: endurance, interval, hills, recovery, cross train
 Location: include surface (grass, trail, track, road, etc.)
 Comments: note how you felt and other factors (i.e. "felt good" or "legs sore")

Aggieland Panthers Cross Country Running Log

Week 7 Sep 27 - Oct 3

Day	Workout Type	Distance	Time	Location	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

Week 8 Oct 4 - Oct 10

Day	Workout Type	Distance	Time	Location	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

Week 9 Oct 11 - Oct 17

Day	Workout Type	Distance	Time	Location	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

Workout Types: endurance, interval, hills, recovery, cross train
 Location: include surface (grass, trail, track, road, etc.)
 Comments: note how you felt and other factors (i.e. "felt good" or "legs sore")