



**Greetings Road Warriors!** You are now the proud owner of an elite training tool. Good choice!

Well, the running world has finally discovered the best manually driven training log on the planet! For those who still think “software” is a #2 Ticonderoga™ pencil, this is the tool you’ve been looking for.

You hold in your hands the tool of elite and conscientious runners who need fastidious records of their training for posterity’s sake. The records you keep can also help you detect what behavior might have resulted in an injury, track how long your recovery takes, etc. And you can plan your training and note the progress as 400 meter interval times start to drop and mile repeats become easier.

This log is not cluttered with training plans and injury advice which is readily available on the internet! The space here is devoted to planning & tracking the various modes of exercises needed for making real improvements in your running.

Enjoy this 52-Week Edition of ***The Great Northwest Runner’s Training Log***© and have fun on the trails.

In it for the Long Run,

Neil Culbertson

## Log Contents

**This Log includes space to record:**

- **Total time for each workout**
- **Pace** – You can be very precise and record the actual miles-per-minute pace here, or simply record “Esz” (easy), “Md” (medium), “Hrd” (hard), “R” (race), Spd (speed, as in speed workout), LSD (Long Slow Distance). Or, you can even note your BPM (heart beats-per-minute) if you run with a heart monitor.
- **Shoe#** - Tracking your shoe mileage just got easier because I put spaces in each weekly column for putting the current week’s total, the prior weeks YTD total, so you can see both and easily add for the new week’s total. You can avoid this altogether by just replacing your shoes every six months, and, even better rotating between two new pairs.
- **\$ - Money** - “Follow the money” we’re told. Well if you aren’t going to win the cash prize for first at the Honolulu Marathon or Boston, here’s the next best thing--, pick up every penny, nickel, dime or quarter you find on the roadside as you do your training runs. I’ve actually found socket wrenches and other useful items, which when picked up add weight and resistance to the run. Place all “running money” in a special jar and wrenches in the garage. Record each day the amount you found and total it up at the end of the year. See if your entire year’s total comes anywhere near the cash award at one of the prestigious races across the country. Even if it isn’t likely to pay off your college loans, scrape together your winnings and treat yourself. Your log will provide proof that you are not wasting your time (like some of your relatives think!) and you can “show them the money.”