

• **Course Event & Comments** - Here is where it gets personal. You note the Race name or the favorite course you ran. You make notes about how well you felt on your workout. You might note if you had irritable bowel syndrome and set a personal best looking for a suitable place to go.

Jot down comments about whom you ran with or any other noteworthy feature of your run.

• **Daily/Weekly Mileage** - This column appears at the very far right-hand end of the daily/weekly log. This way your daily miles stack up in a neat column right over the place where you record your weekly total, below which you can place the last week's YTD total, under which you can easily add the new, adjusted YTD total miles. This makes so much sense I don't know why it didn't occur to me earlier. Oh well...

• **Weekly Special Training Workouts** – This half of the Log allows you to record the intervals (in distance or time or both) of whatever hard training workout you desire to do. Whether you are in your hill training phase, doing farleks in the fields, or intervals on a track, the flexible format allows you to record your workout.

You will see a series of spaces on the Special Training Workout side of the Log:

Ladder Drill or Fartlek (time or distance)

_____ _____ _____ _____
_____ _____ _____ _____

You can use these spaces to record speed workouts where you vary the distances or times of your intervals as in a typical "ladder drill". This is optional and only needed if your interval distances are not uniform.

• **Weekly Mileage Progress Chart** – If you are building your mileage base for longer

distances, this section is located near the back of the log and provides a grid for graphing your total weekly miles. Select a second color line and you can also track the weekly increase in your Long Slow Distance runs. This is very important to see that you are not increasing the total mileage of either by more than 10% weekly.

• **My Favorite Courses Section** - I've included a page to note favorite or new courses you've devised, their total miles, etc.

• **Strength Training Section** - In the back of the Log is a section for recording strength training sessions with weights. If you go to the gym or if you just do calisthenics at home, you can record your efforts in the back of the Log, upper body, lower body, machines, or free-weight repetitions. If you are using this for Middle or High school cross country or track, your coach can have you pencil in his/her plan for your workouts. You ink them in as you do them. Note your progress. Be sure to take days off and avoid injuries.

• **How to Use This Log** –

Keep it fun! Record only how much or how little information is useful to you. I've got boxes for things you may have no interest in recording. Feel free to ignore anything that doesn't fit with your training goals or level of fitness. Figure out your own way of making notations if you like. Don't become the slave of the Log. Be the master!

Neil Culbertson

P.S. The Great Northwest Runner's Training Log© was developed and adapted from The Guam Runner's Training Log©, by the author (a native Oregonian) who has lived on Guam for the past 25 years. The Log has been published continuously for the past 9 years bringing island-wide fame to the author and gratitude from runner's from Umatac to Yigo (villages on Guam!).