**WEEKLY WORKOUT LOG**

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|  | MILEAGE | STRETCH | CORE | HIP DRILLS | REST DAY |
| Day 1 |  |  |  |  |  |
| Day 2 |  |  |  |  |  |
| Day 3 |  |  |  |  |  |
| Day 4 |  |  |  |  |  |
| Day 5 |  |  |  |  |  |
| Day 6 |  |  |  |  |  |

|  |  |
| --- | --- |
| Day 7 | Practice or Competition |

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| MILEAGE TOTAL: | KEY CONSIDERATIONS |
| QUESTIONS FOR COACH: |  |
| GOALS FOR NEXT WEEK | • Athletes need to have two or three rest days per week.  • Mileage should be between 7 and 20 miles per week (MPW) depending on the age and drive of the athlete.  • Athletes should start at 7 MPW and work up as necessary.  • Any injuries should be reported to the coaches.  • Hydration is critical. Aim for 90 oz/day.  • Stretch before and after every workout. |