

**Running Log: Run 5km**

**How to use the log:**

**Below is an 8-week training program with the goal of running 5km. Each week you can write a goal for the week and keep track of your training. The goal can be anything that you want to focus on for the week. Enjoy!**

**The Plan:**

Goal: Run 5 km

wk 1 – 16 min

wk 2 – 20 min

wk3 – 22 min

wk 4- 25 min

wk 5 – 30 min

wk 6 – 30 min

wk 7 – 35 min

wk 8 – 40 minutes



**The Log:**

**Week 1: 3x Run, 1x Cross Train**

**Run for wk 1**: **16 minutes**

Goal:

Distance/Time: Comments:

Run#1

Run#2

Run#3

Cross Training:

Distance/Time Comment

Cross train#1 :

Notes:



**Week 2: 3x Run, 2x Cross Train**

**Run for wk 2: 20 minutes**

Goal:

Distance/Time: Comments:

Run#1

Run#2

Run#3

Cross Training:

Distance/Time Comment

Cross train#1 :

Cross train#2 :

Notes:



**Week 3: 3x Run, 2x Cross Train**

**Run for wk 3: 22 minutes**

Goal:

Distance/Time: Comments:

Run#1

Run#2

Run#3

Cross Training:

Distance/Time Comment

Cross train#1 :

Cross train#2 :

Notes:



**Week 4: 3x Run, 2x Cross Train**

**Run for wk 4: 25 minutes**

Goal:

Distance/Time: Comments:

Run#1

Run#2

Run#3

Cross Training:

Distance/Time Comment

Cross train#1 :

Cross train#2 :

Notes:



**Week 5: 3x Run, 2x Cross Train**

**Run for wk 5: 30 minutes**

Goal:

Distance/Time: Comments:

Run#1

Run#2

Run#3

Cross Training:

Distance/Time Comment

Cross train#1 :

Cross train#2 :



Notes:

**Week 6: 3x Run, 2x Cross Train**

**Run for wk 6: 30 minutes**

Goal:

Distance/Time: Comments:

Run#1

Run#2

Run#3

Cross Training:

Distance/Time Comment

Cross train#1 :

Cross train#2 :

Notes:



**Week 7: 3x Run, 2x Cross Train**

**Run for wk 7: 35 minutes**

Goal:

Distance/Time: Comments:

Run#1

Run#2

Run#3

Cross Training:

Distance/Time Comment

Cross train#1 :

Cross train#2 :

Notes:



**Week 8: 3x Run, 2x Cross Train**

**Run for wk 8: Run 40 minutes**

Goal:

Distance/Time: Comments:

Run#1

Run#2

Run#3

Cross Training:

Distance/Time Comment

Cross train#1 :

Cross train#2 :

Notes: