



# Race Training Weekly Tracker

(First row represents an example)

This tab allows for tracking of weekly stats during your training program for a race: miles run, body weight, speed work and results, cross-training, etc

Training Week	Begin Monday	End Sunday	Body Weight	Weekly Miles	Running # of Days	Long Run Miles	Cross train Minutes & miles	Speed Work Notes	Other Notes / Comments
1	11/11/2019	11/17/2019	163	45	5	16	30 minutes swim	6 x 1/2 mile at 7:00 pace	
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16	/ /	/ /							Race week!

Notes: