

Race Training Weekly Tracker (First row represents an example)

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		/ /	/ /	/ /	/ /	/ /	/ /	/ /	1 1	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	11/17/2019	Sunday	End	
																		163	Weight	Воду	1
																		45	Miles	Weekly	
																		5	# of Days	Running	
																		16	Miles	Long Run	
		~																30 minutes swim	Minutes & miles	Cross train	A
																		6 x 1/2 mile at 7:00 pace	Speed Work Notes		
		Race week!																	Other Notes / Comments		0,