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**Running : Tracker**

1. **Specific weekly goal:**
	* Distance: \_\_\_\_\_\_\_\_\_\_\_\_\_\_
	* Frequency: \_\_\_\_\_\_\_\_\_\_\_\_\_\_
	* Strength Sessions:
	* Life Events:
2. **Weekly Schedule:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Distance** | **Purpose of Session** | **Duration of Session** | **Average Pace for Session** | **Notes for the Session** | **Achieved****(Tick)** |
| **Monday** |  |  |  |  |  |  |
| **Tuesday** |  |  |  |  |  |  |
| **Wednesday** |  |  |  |  |  |  |
| **Thursday** |  |  |  |  |  |  |
| **Friday** |  |  |  |  |  |  |
| **Saturday** |  |  |  |  |  |  |
| **Sunday** |  |  |  |  |  |  |

Ths tracker helps you document your running journey. It also helps to keep you accountable to the goal you have.

**Distance** – Can be in miles or Kilometres.

**Frequency** – How many runs you complete a week.

**Strength session** – how many do you commit to completing this week – can include physio sessions or yoga/Pilates etc

**Life event** – what else do you have going on at present, be aware this may have an effect on your training.