

EXERCISE LOG

Track your fitness and strength training progress.

GOALS: 10K performance improvement

Strength Training

WEIGHT: _____ SLEEP (hrs): _____ CALORIES: _____ DAY: **Mo** Tu We Th Fr Sa Su

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Bodyweight Bulgarian Split Squats	3	8-10 each leg		60	8-10 each leg	Maintain balance, keep torso upright.
Push-ups	3	10-12		60	10-12	Keep body straight, engage core.
Glute Bridges	3	12-15		60	12-15	Squeeze glutes at top.
Plank	3	30 seconds		60	30 seconds	Keep body straight without sagging.

Running Session - Interval Training

WEIGHT: _____ SLEEP (hrs): _____ CALORIES: _____ DAY: Mo **Tu** We Th Fr Sa Su

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Warm-up Jog	1	10 minutes			10 minutes	Easy pace.
Run 400m Fast	5			90 seconds		Push hard but controlled pace.
Cool Down Walk/Jog	1	10 minutes			10 minutes	Easy pace to recover.

Mobility and Recovery

WEIGHT: _____ SLEEP (hrs): _____ CALORIES: _____ DAY: Mo Tu **We** Th Fr Sa Su

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Dynamic Hip Flexor Stretch	2	10 each leg			10 each leg	Controlled movement.
Cat-Cow Stretch	2	10			10	Slow and focused.
Standing IT Band Stretch	2	30 seconds each side			30 seconds each side	Maintain posture.
Foam Rolling (if available)	1	5-10 minutes			5-10 minutes	Focus on legs and back.

Rest or Light Activity

WEIGHT: _____ SLEEP (hrs): _____ CALORIES: _____ DAY: Mo Tu We **Th** Fr Sa Su

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Walking or Easy Cycling	1	30 minutes			30 minutes	Keep it easy and comfortable.

Tempo Run and Core Strength

WEIGHT: _____ SLEEP (hrs): _____ CALORIES: _____ DAY: Mo Tu We Th **Fr** Sa Su

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Warm-up Jog	1	10 minutes			10 minutes	Easy pace.
Tempo Run	1	20 minutes			20 minutes	Sustain a challenging but manageable pace.
Cool Down Walk	1	10 minutes			10 minutes	Slow pace.

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Russian Twists	3	20 (10 each side)		45	20 (10 each side)	Keep core engaged.
Bird Dog	3	12 each side		45	12 each side	Keep back flat.

Long Slow Distance Run

WEIGHT: _____ SLEEP (hrs): _____ CALORIES: _____ DAY: Mo Tu We Th Fr **Sa** Su

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Easy Pace Run	1	45-60 minutes			45-60 minutes	Maintain conversational pace.

Rest and Mobility

WEIGHT: _____ SLEEP (hrs): _____ CALORIES: _____ DAY: Mo Tu We Th Fr Sa **Su**

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Child's Pose	1	1-2 minutes			1-2 minutes	Relax and breathe deeply.
Hamstring Stretch	2	30 seconds each leg			30 seconds each leg	Avoid bouncing.
Hip Circles	2	10 each direction			10 each direction	Keep torso stable.

*1 RM = 1 One Rep Max (for reference)

**Intensity: L/M/V = Light/Moderate/Vigorous or E/M/H = Easy/Medium/Hard