

## FITNESS CLASS WEEKLY 10K TRAINING LOG

	Date	Activity & Details	Distance (nearest 100m)	mm:ss Time	Self- Evaluation Effort
MON		Goal: _____ _____			0
		Post Session Comments: _____ _____			3
					4
					5
TUE		Goal: _____ _____			0
		Post Session Comments: _____ _____			3
					4
					5
WED		Goal: _____ _____			0
		Post Session Comments: _____ _____			3
					4
					5
THU		Goal: _____ _____			0
		Post Session Comments: _____ _____			3
					4
					5
FRI		Goal: _____ _____			0
		Post Session Comments: _____ _____			3
					4
					5
		<b>Weekly Totals:</b>			
		<b>Average Weekly Pace per km:</b>			

Teacher Comments: