

Training Log

Date	1 Hour	2 Hour	3 Hour	Hours/Day	Hours/Week	Classic	Skate	Running	Swimming	Biking	Strength	Other	Comments	Intensity
1														
2														
3														
4														
5														
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27														
28														
29														
30														
31														
Total Hours =														
Name:				Month:			Year:							
								Intensity Scale:						
								1- 50-70 beats below max heartrate: Easy Distance						
								2- 30-50 beats below max heartrate: Distance						
								3- 20-30 beats below max heartrate: Interval						
								4- 10-20 beats below max heartrate: Race						