

DAY 1

**WORKOUT LOG**

TOTAL TIME

EXERCISE	TIME	SET 1		SET 2		SET 3		SET 4	
		REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT

DAY 2

**SPRINT LOG**

DISTANCE	TIME

DAY 3

**WORKOUT LOG**

TOTAL TIME

EXERCISE	TIME	SET 1		SET 2		SET 3		SET 4	
		REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT

DAY 4

**SPRINT LOG**

DISTANCE	TIME

