Athlete **Coach**

Your current weekly training

Day	mileage	pace
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Your running targets for 2011

1
2
3
4
5

Your running history(if applicable)

	Best time	Date Acheived
5k		
10k		
10miles		
Half marathon		
Marathon		

Your injury history (if applicable)

1
2
3
4
5

Running gait (if known)

The key training factors

Distance The length of your longest run each week & your weekly mileage
By slowly increasing your weekly mileage you are more likely to achieve speed & distance related goals.

Intensity This is the pace you run. Easy, steady,tempo & fartlek

Frequency This is the number of times you are able to run each week

Recovery This refers to the amount of time between each run so your body can recovery & allow you complete each session.