

ATHLETE'S NAME: _____ GENDER: _____ GRADE ENT: _____ AGE: _____ SCHOOL: _____

2011 X-C DISTANCE RUNNING CAMP ♦ STOWE SUMMER SPORTS FESTIVAL ♦ PRE-CAMP TRAINING LOG

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|----------------|----------------|----------------|----------------|----------------|----------------|-------------------------------------|
| <p>WORKOUT DETAILS: <i>List type, time, distance, etc.</i></p> | <i>July 17</i> | <i>July 18</i> | <i>July 19</i> | <i>July 20</i> | <i>July 21</i> | <i>July 22</i> | <i>July 23</i> |
| <p>COMMENTS:</p> | | | | | | | |
| <p>WORKOUT DETAILS: <i>List type, time, distance, etc.</i></p> | <i>July 24</i> | <i>July 25</i> | <i>July 26</i> | <i>July 27</i> | <i>July 28</i> | <i>July 29</i> | <i>July 30</i> |
| <p>COMMENTS:</p> | | | | | | | |
| <p>WORKOUT DETAILS: <i>List type, time, distance, etc.</i></p> | <i>July 31</i> | <i>Aug 1</i> | <i>Aug 2</i> | <i>Aug 3</i> | <i>Aug 4</i> | <i>Aug 5</i> | <i>Aug 6</i> |
| <p>COMMENTS:</p> | | | | | | | |
| <p>WORKOUT DETAILS: <i>List type, time, distance, etc.</i></p> | <i>Aug 7</i> | <i>Aug 8</i> | <i>Aug 9</i> | <i>Aug 10</i> | <i>Aug 11</i> | <i>Aug 12</i> | <i>Aug 13</i> |
| <p>COMMENTS:</p> | | | | | | | <i>Camp Begins Tomorrow!</i> |