

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

2019 STOWE RUNNING CAMP ♦ PRE-CAMP TRAINING LOG

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WORKOUT DETAILS: <i>List type, time, distance, etc.</i>	<i>July 7</i>	<i>July 8</i>	<i>July 9</i>	<i>July 10</i>	<i>July 11</i>	<i>July 12</i>	<i>July 13</i>
COMMENTS:							
WORKOUT DETAILS: <i>List type, time, distance, etc.</i>	<i>July 14</i>	<i>July 15</i>	<i>July 16</i>	<i>July 17</i>	<i>July 18</i>	<i>July 19</i>	<i>July 20</i>
COMMENTS:							
WORKOUT DETAILS: <i>List type, time, distance, etc.</i>	<i>July 21</i>	<i>July 22</i>	<i>Jul 23</i>	<i>Jul 24</i>	<i>Jul 25</i>	<i>Jul 26</i>	<i>July 27</i>
COMMENTS:							
WORKOUT DETAILS: <i>List type, time, distance, etc.</i>	<i>July 28</i>	<i>July 29</i>	<i>July 30</i>	<i>July 31</i>	<i>Aug 1</i>	<i>Aug 2</i>	<i>Aug 3</i>
COMMENTS:							<i>Camp Begins Tomorrow!</i>