



Petal & Paper

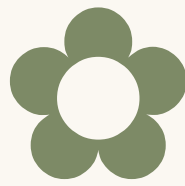
YOUR FREE PRINTABLE

Marathon training weekly log



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M A R A T H O N T R A I N I N G

training log

Week · ____ of ____ Race date: ____ Target time: ____

Monday · Run: ____km Pace: ____/km Type: easy / tempo / long
Legs: ____/5

Wednesday · Run: ____km Pace: ____/km Type: ____

Thursday · Cross-train / rest: _____

Saturday (long run) · ____km Pace: ____/km Nutrition: ____ Felt: ____

Weekly total · ____km vs plan: ____km Biggest win: ____

Niggles / injury watch · _____

O N E W E E K A T A T I M E · T R U S T T H E
T R A I N I N G

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