

## Sample Week-at-a-Glance Workout Log

Goal	Day	AM pulse	Workout description	Cardio* distance/time	Comments
Moderate cardio workout	Mon	60	Easy run, light stretching after the run, abdominal and back strength exercises	50 minutes	Starting to feel tired; needed an easy workout
Full body strength workout	Tue	65	6–8 reps today, per set, target all of the muscle groups	35 minutes	Cut my workout short; body feels heavy
Interval workout	Wed	68	Canceled workout; just not feeling good	N/A	I need a rest!
Light stationary bike and strength workout	Thu	62	45 minutes on bike; some easy speed play; full body strength workout using 12–15 reps to fatigue	45 minutes on bike plus 30 minutes strength time	Rest felt great; body's starting to respond again; training is fun! Glad I changed my workout plans.
Rest	Fri	62	Complete rest/recovery	N/A	Feeling good, but I want to keep in my planned rest day.
Long run	Sat	59	90-minute run with easy intervals (20-second pickups followed by easy recovery); 20-minute stretch	90 minutes plus stretch time	Stretch felt great, needed that! Back on track, run felt easy and comfortable.
Family time	Sun	61	2–3 hour hike with light pack, moderate pace	about 3 hours	Nice!! Will do 3 hard strength workouts next week.