

# Running Training Plan Sheet

Hold a training block on one page with planned and actual side by side, which is the comparison that tells you whether the plan survived contact with your life.

Your plan for the block, week by week, with what you actually ran written beside it.

### YOUR PLAN GOES IN THE BLANKS

This sheet contains no training plan. No distances, paces, mileage build-up or taper are printed, and none are implied. Those come from your coach, your plan or your own experience, and a printed schedule on a free download is how people get injured following a stranger’s programme. Nothing here is training or medical advice.

### HOW TO USE THIS SHEET

- 1 Write your goal, the date, and where the plan came from at the top.
- 2 Fill the planned column in at the start of the week.
- 3 Fill the actual column in on the day, honestly, including the days you did nothing.
- 4 The comparison between the two columns is the whole point of the sheet — not the total.

Runner

Goal event and date

Plan taken from

Block starts

### THE BLOCK, WEEK BY WEEK

| Week | From | Planned — key sessions | Planned total | Actual total | How the week went | Niggles |
|------|------|------------------------|---------------|--------------|-------------------|---------|
|      |      |                        |               |              |                   |         |
|      |      |                        |               |              |                   |         |
|      |      |                        |               |              |                   |         |
|      |      |                        |               |              |                   |         |

### RACE WEEK

Kit laid out

Travel and start time

Fuelling plan you have decided

Target

Result

What worked

What to change