

# Hospital Hill Run Personal Training and Workout Diary

Name: John Doe

Week Ending: 1 / 10/ 10

GOAL: Get moving after holidays



	EXERCISE TYPE	TIME MINUTES	DISTANCE / MILES	INTENSITY LEVEL	HEART RATE	NOTES
MONDAY	Run 4 striders	30 min	2 miles 4 striders	moderate hard		Felt really good pushed the striders
TUESDAY	Swim	20 min	36 laps	moderate		hard to get going in the cold
WEDNESDAY	off					
THURSDAY	Run	40 min	4 miles	moderate		ran on the treadmill
FRIDAY	Stretch	20 min	n/a	easy		getting old, stretching is harder
SATURDAY	Run	60 min	6 miles	easy		started slow, but felt good at the end
SUNDAY	off					
TOTALS	5 workouts	2 hrs 50 min	12 miles			