

**REMEMBER
WHY YOU
STARTED
RUNNING JOURNAL**



• COACH D •

RUN WITH COACH D

www.RunwithCoachD.com

this is

MY RUNNING LIFE



Name _____

To the future me

(use the space below to write two statements that you want to become. They can be safe goals or (and I challenge you!) to set an audacious goal of who you are going to be.)

I am

.....

I am

.....

My Running Goal

In the space below, write down every goal you have for this training cycle. Highlight, draw pictures, use color - make it clear why you are starting to run.



Daily Journal Questions

Use this template of questions before and after each run.

Pre Run

- What is one thing you want to focus on improving on this run?
- What is the focus of this run?
- What actions will you take to achieve your goal today?
- Is there a specific drill or movement you will focus on?
- What will you repeat from the last run in this run?

Post Run

- Reflect on today's run
- What did you do well?
- Did you feel any pain or discomfort?
- Was I focused?
- What did I struggle with?
- Anything I should ask Coach about?

Lastly, record your data. You won't know how far you've gone if you don't know where you've started.

- Mileage
- Time
- Pace
- Cadence
- RPE (Rate of Perceived Exertion)



Date __/__/----



Weather

What I wore

Pre Run Focus

Post Run Recap

Pace

RPE

Distance

Note to my future self

Time

Date __/__/----



Weather

What I wore

Pre Run Focus

Post Run Recap

Pace

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Distance

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