PROSPECT GIRLS XCTF
DISTANCE CROSS TRAINING LOG

**MaxHR______________

Easy/Recovery__________

LongRun ______________

Name ____________________________ Year ___________ Level _________ TempoRun ______________

Intervals_______________

Date	**Description of Workout/Recap**	**Distance**	**Time**	**AvgPace**	**Rpms** (fast/easy)	**Resist**	**HR**(Max/Avg/Easy	Split1	Split2	Split3	Split4
1/1/14	*5x4x1min w/ 1min easy, 10WU,10CD on Bike*	*20mi*	*60min*	*20.4mph 2.94min/mi*	*120fast/80rec*	*8/6*	*189/180/142*				
	Felt good but need to increase HR and intensity during interval training										