

DAY	Goal of Run	Pre-Run Nutrition	Run distance	Average Pace	/10	Post-Run Nutrition	Soft tissue balancing (e.g. foam roller, massage)	Strength / Core Training	Sleep Quality
MONDAY									
TUESDAY									
WEDNESDAY									
THURSDAY									
FRIDAY									
SATURDAY									
SUNDAY									

BEFORE YOUR RUN

What is the Goal of Your Run?

E.g.

- Easy
- Recovery
- Threshold
- Intervals
- Long (endurance)
- Social
- Nature
- Others?

AFTER YOUR RUN

Run Distance

Record how far you ran

Average pace

Record your average pace

RPE (Rate of Perceived Exertion

How hard did you run feel (0-10 scale)

Post Run Nutrition

A good time to recovery with carbs and protein

Soft tissue work

Keep your muscles and tendons tuned up with foam rolling, massage and stretching. Professional massage / dry needling as required

Pre-Run Nutrition

What fuel will you use for your run?
Use trial and error to find what suits you best

Strength / Core Training

Ideally x 2-3 per week

<u>Sleep</u>

Monitor sleep quality and duration