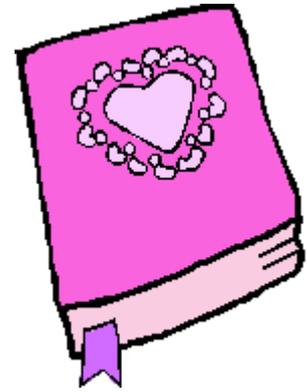


What is a Training Diary?

A Training Diary or Running Log is a book or spreadsheet used to record your running times and experiences. They are excellent for motivation and provide useful historical information which you can use to look back on as you improve and see what works for you.

In a running log, people might record:

- how far they ran
- the time they ran for
- the time of day that they ran
- how they felt
- what shoes they were wearing
- their average and peak heart rate
- any other special factors



Some people also record the weather conditions, their weight, pulse rate, how much sleep they had, who they ran with, where they ran, their menstrual cycle, and so on.

Why have a Training Diary?

A Training Diary will help you track your progress and/or help keep you to a pre-determined training programme, where you have columns for intended miles to be run and actual miles ran etc. Over time, it will be a useful source of information to trace the origins of a period of good running, or of injury / poor health or boredom. For many runners, keeping a running log is a very important part of their motivation.

Keeping a Running Log will also give you information about how often you need to change your running shoes, early warning of over-training, the relationship between your performance and your menstrual cycle and so on.



Ways to record the information

Lots of people keep their running log in a notebook or in their diary. Some use an electronic diary, such as a Palm Pilot or a Psion Organiser. Some use a spreadsheet on their PC.

There is also a wide range of bespoke software available on the internet designed for athletes to track their running.

Use whatever is most convenient for you.