



Swartz Creek Cross Country - Weekly Log Sheet



Day / Date	Type of Run	Course	Weather	Distance	Time	Mile Pace	Highlights	Other	Total Miles
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									

Weekly Summary Best LR: _____

Best LD: _____

Total Miles for Week: _____

Days Run: _____

Current CD: _____

Season Total: _____