



# 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: \_\_\_\_\_