

Workout Log / Diary Distinctions

Workout Effort (As a Whole): How hard was the workout *as a whole*? Note, you can't say until the workout has ended.

Very Easy: Very short and very slow. You recover in less than twelve hours.

Easy: Short and slow. Twelve hour recovery needed.

Moderate: Intermediate tempo and duration. Twenty-four hour recovery.

Hard: Noticeably fatiguing workout. 48 to 60 hours for recovery.

Very Hard: Majorly fatiguing. More than 60 hours for recovery.

All-Out: Couldn't have run faster for the distance or farther without slowing down. You need one day of recovery for every all-out/eager racing mile.

Attitude (towards the workout effort): How did you feel about the workout?

Oppressed: Unpleasant, detestable drudgery.

Burdened: Duty bound to perform. No pleasure. Wearisome.

Satisfied: Pleasant, okay; neither positive nor negative.

Enjoyed: Pleasurable, delightful or fun.

Exhilarated: Feeling of supreme well-being, including mild euphoria.

Running Energy: How much energy did you have *during* the workout?

None: No energy. You feel terrible, stiff and sore.

Little: Legs heavy. You're okay at a slow pace, but any faster feels awful.

Some: Moderate energy, still somewhat heavy legged. Quick pace okay for a while.

Ample: Legs feel sufficiently loose and robust for a long run or a rapid tempo.

Abundant: Legs feel strong and powerful enough for racing.

Workout Energy Pattern: What was the *pattern* of running energy that developed during the workout (note, you can't say until the workout has ended)?

Sluggish: No energy; can't warm up, you feel terrible for the whole workout.

Tired: A little energy can develop, but you can only run short and slow without feeling burdened.

Lazy: Little energy at the start. Moderate to good energy can develop slowly, but runs out early.

Ready (to Run Hard): Good energy develops early and lasts long enough for hard workout.

Eager (to Race): Great energy and aggressive attitude sustainable at racing level.

Ability-Building Purpose. What ability was the exertion structure designed to build?

Stamina: The ability to run *long* (90-120 minutes) and *slow* (light exertion).

Power: The ability to run *relaxed* for the *first half* of any racing distance.

Tempo: The ability to run *comfortably* for the first half of *any* racing distance.

Speed: The ability to take exertion up a notch on the last stretch of a race.

Endurance: The ability to sustain discomfort on the second half of a race.

Life Energy: How did you feel at work and at home since your last hard workout?
(Record the *lowest* you felt.)

Exhausted: Non-functional. Must go to sleep.

Weary: Stressed out; irritable and badly in need of a nap.

Able: Can function at work or play, but not cheerfully.

Rested: Good energy through the day, but you need to sleep early.

Energetic: Good energy through the day and evening.

Workout Pain (Injury): How badly were you injured? (Don't mark if not injured.)

Tender: Non-specific discomfort.

Twinge: Darting pain with each step.

Ache: Chronic burning pain; deep and dull.

Sore: Major injury; causes limping.

Severe: Too painful to run on.