

TRAINING DIARY INSTRUCTIONS

Your program diary will provide the information necessary for communicating about your workouts. Please fill it out immediately after every workout.

Instructions: The diary form consists of slots for basic information, plus several five-level scales to measure various aspects of the workout you will have just completed.

- **Athlete Name.** Select your name from the drop-down menu.
- **Facilitator.** Select your facilitator's name.
- **Date:** Select the workout date from the pop-up calendar.
- **Duration (minutes):** Stands for your time from the start to the finish of the workout in minutes (minus stretching or standing at street corners). Click on the up or down arrow to increase or decrease the number of minutes in the workout.
- **Exertion (at middle and end):** Enter your exertion level at the middle and end of the workout. Note, your exertion level should be consistent with the ability building purpose of the workout (see below).
- **Energy (at middle and end):** There are two scales that measure how much energy you had at the middle and at the end of the workout (no energy, little energy, some energy, ample energy, and abundant energy).
- **Workout Effort:** Workout effort refers to how hard the workout was *as a whole*. It doesn't refer to how hard the pace was for you. Your pace may have felt easy, but the whole workout could have been moderate or *hard* because its duration was long.
- **Attitude (regarding the effort):** Measures your attitude regarding the *effort* of the workout you just did. Mark the lowest (worst) level you experienced.
- **Workout Energy Pattern.** This refers to the pattern of energy that developed during the whole workout from start to finish (see Conceptual Distinctions for definitions). There are 5 patterns: sluggish, tired, lazy, ready, and eager.
- **Life Energy (since last run):** Measures your ability to function on the job and in your daily life *between* workouts, not during the workout. Enter the lowest level between this workout and the last workout. (See definitions on next page.)
- **Ability-Building Purpose:** From the drop-down menu, select the primary ability building purpose (stamina, power, tempo, speed, or endurance). Some (but few) workouts will have a dual purpose, such as power and stamina. You can select two or three purposes.
- **Injury (only if injured):** Please leave this scale blank if you were not injured. If you felt a persistent pain or tenderness, please enter its location in the comments. If you are injured, please contact Brian at 808-391-8598.
- **Colds and Illness:** Cold symptoms must be treated with rest and warmth. Cut workouts short and suspend all training until symptoms abate.
- **Comments:** Space is provided for you to make any comments regarding the workout: location of injuries, average and maximum heart rate, workout details, suggestions, concerns, problems, and questions.