

Marathon Rookie

Training Journal

Brad Boughman

Marathon Rookie Training Journal

This is your personal training journal. Use it to track your progress as you train for your first marathon. Complete each day's notes shortly after your run and make great notes about the run. If you had a great run, say you had a great run and tell why. If you had a difficult run, say you had a difficult run and say why. There is a "Level of Ease" column where you should list Easy, Very Easy, Difficult, or Very Difficult. Write down any pains you experienced during the run. Note how you handled it. Note any mental techniques you used to help you finish the run. Monitor your progress.

Each week includes a quote about running or something that relates to training for a marathon. I hope they will give you some inspiration or humor.

Happy training!

Week One

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 1:		3						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 2:		4						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 3:		3						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 4:		5						
Notes:								

Mileage Completed: _____

Total Mileage: _____

"What the mind can conceive and believe, it can achieve."
 - Napoleon Hill, author of *Think and Grow Rich*

Week Two

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 1:		3						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 2:		4						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 3:		3						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 4:		6						
Notes:								

Mileage Completed: _____

Total Mileage: _____

"Now if you are going to win any battle you have to do one thing. You have to make the mind run the body. Never let the body tell the mind what to do. The body will always give up. It is always tired in the morning, noon, and night. But the body is never tired if the mind is not tired."

- George S. Patton, U.S. Army General

Week Three

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 1:		3						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 2:		4						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 3:		3						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 4:		7						
Notes:								

Mileage Completed: _____

Total Mileage: _____

"I still bother with runners I call hamburgers. They're never going to run any record times, but they can always fulfill their own potential."

- Bill Bowerman, legendary University of Oregon track coach

Week Four

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 1:		3						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 2:		5						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 3:		3						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 4:		8						
Notes:								

Mileage Completed: _____

Total Mileage: _____

"We run, not because we think it is doing us good, but because we enjoy it and cannot help ourselves. The more restricted our society and work become, the more necessary it will be to find some outlet for this craving for freedom. No one can say, "You must not run faster than this, or jump higher than that." The human spirit is indomitable."

- Sir Roger Bannister, first man to break the four minute mile

Week Five

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 1:		3						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 2:		5						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 3:		3						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 4:		10						
Notes:								

Mileage Completed: _____

Total Mileage: _____

"Running is the greatest metaphor for life, because you get out of it what you put into it."

- Oprah Winfrey, talk show host and marathon finisher

Week Six

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 1:		4						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 2:		5						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 3:		4						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 4:		11						
Notes:								

Mileage Completed: _____

Total Mileage: _____

"There's no such thing as bad weather, just soft people."
 - Bill Bowerman, legendary University of Oregon track coach

Week Seven

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 1:		4						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 2:		6						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 3:		4						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 4:		12						
Notes:								

Mileage Completed: _____

Total Mileage: _____

"Never, never, never, never give up."
-Winston Churchill

Week Eight

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 1:		4						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 2:		6						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 3:		4						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 4:		14						
Notes:								

Mileage Completed: _____

Total Mileage: _____

"If you aren't going all the way, why go at all?"

- Joe Namath, legendary quarterback

Week Nine

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 1:		4						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 2:		7						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 3:		4						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 4:		16						
Notes:								

Mileage Completed: _____

Total Mileage: _____

"Anybody can do just about anything with himself that he really wants to and makes his mind to do. We are capable of greater than we realize."

- Norman Vincent Peale, author

Week Ten

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 1:		5						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 2:		8						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 3:		5						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 4:		16						
Notes:								

Mileage Completed: _____

Total Mileage: _____

"He who fears being conquered is sure of defeat."
 - Napoleon Bonaparte, legendary military leader

Week Eleven

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 1:		5						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 2:		8						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 3:		5						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 4:		17						
Notes:								

Mileage Completed: _____

Total Mileage: _____

**"Nothing is particularly hard if you divide it into small steps."
- Henry Ford**

Week Twelve

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 1:		5						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 2:		8						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 3:		5						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 4:		18						
Notes:								

Mileage Completed: _____

Total Mileage: _____

"Go confidently in the direction of your dreams."
 - Henry David Thoreau, American essayist

Week Thirteen

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 1:		5						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 2:		8						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 3:		5						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 4:		20						
Notes:								

Mileage Completed: _____

Total Mileage: _____

"Your imagination is your preview of life's coming attractions."
- Albert Einstein

Week Fourteen

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 1:		5						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 2:		8						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 3:		5						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 4:		9						
Notes:								

Mileage Completed: _____

Total Mileage: _____

"The last of the human freedoms is to choose one's attitude."
 - Victor Frankl, author and holocaust survivor

Week Fifteen

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 1:		3						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 2:		5						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 3:		3						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 4:		8						
Notes:								

Mileage Completed: _____

Total Mileage: _____

"To give less than your best is to sacrifice the gift."
 - Steve Prefontaine, U.S. track star and Olympic runner

Week Sixteen

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 1:		3						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 2:		3						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 3:		Walk 2						
Notes:								

	Date	Training Distance	Actual Distance	Level of Ease	Heart Rate	Weight Before Run	Weight After Run	Time of Run
Day 4:		26.2						
Notes:								

Mileage Completed: _____

Total Mileage: _____

Marathon Time: _____

"I am a marathon runner!"
- You!