

Coppell Distance Training Log

Name: _____ Training Level: _____ Date: _____ Page _____

	M	T	W	Th	F	Sa	Su
Run							
Distance							
Time							
PPM							
Total							
Week							
Season							
Career							
CD's							
Time Cap							
Signature							

Timed Mile: _____ Date: _____ PPM Potential: _____

SPPM: _____ **Time:** _____ **PPM:** _____

LPPM: _____

_____ **Time:** _____ **PPM:** _____

Current SI: _____ Low Set: _____ High Set: _____ PI: _____ FI: _____

SI: _____ **PS-** _____

PI: _____

FI : _____

SI: _____ **RP-** _____

PI: _____

FI: _____

SI: _____

PI: _____

FI: _____

One Liners/ Comments

M	
T	
W	
Th	
F	
Sa	
Su	

5 Key Quotes

- Everyday is a great day!!
- Don't waste a heartbeat.
- Go with goal oriented people.
- Goal oriented people find ways.
- Extra effort is the key to success.

Training Levels

- PPM System
- Slow Intervals
- Pace Intervals
- Fast Intervals
- HLT Fartlek