



Runner's Basic Strength Training Log

Date: _____

Weight: _____

Goal: _____

Workout Duration: _____

EXERCISE		SET 1		SET 2		SET 3		SET 4		NOTES
HIPS/GLUTES										
UPPER BODY										
LEGS										
CORE										
FLEXIBILITY										

Note: For each set, record the amount of weight lifted and then, after the |, record the number of repetitions completed.