

## Washburn Rural Middle School Cross Country Summer Fitness Log

Week		Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Time	Total Distance
Week 1 6/1-6/6	Activity									
	Time									
Week 2 6/7-6/13	Activity									
	Time									
Week 3 6/14-6/20	Activity									
	Time									
Week 4 6/21-6/27	Activity									
	Time									
Week 5 6/28-7/4	Activity									
	Time									

**WR XC Runner's Name:** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_

Weekly Goal = 60 - 90 minutes (or 6 miles) of activity per week (at least 2 different activities per week)

Training Activities: Running, Power Walking, Biking, Roller Blading, Tennis, Swimming, Soccer

Don't forget that stretching after a workout is just as important as the workout! Hint: For these purposes, we will count a one hour basketball or soccer game as one mile. Baseball and softball do not count towards running or time unless you include warm-ups and cool-downs.

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Week 6 7/5-7/11	Activity									
	Time									
Week 7 7/12-7/18	Activity									
	Time									
Week 8 7/19-7/25	Activity									
	Time									
Week 9 7/26-8/1	Activity									
	Time									
Week 10 8/2-8/8	Activity									
	Time									
Week 11 8/9-8/15	Activity									
	Time									

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