Workout Log for Running 2 Miles

Directions: print this log and track the time that it takes you to run two miles. Keep this record for the 5 weeks prior to our running test.

In *Backpacking Tips*, Russ and Bill Schneider say the following about conditioning: "Hiking and backpacking are by their very nature strenuous outdoor activities. . . . A combination of weight training, exercise machines, and running or cross-country skiing during the winter months can help you get in shape for hiking season" (4).

If running aggravates existing injuries, you may substitute another workout for running, like swimming or biking (or use a combination them). The workouts begin during the second week of the semester. Submit this paper at the timed running test. Students with injuries on the day of the timed test should consult the instructor.

	Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
2nd Wk	Two-mile run (8 Laps) Time:_____		Two-mile run (8 Laps) Time:_____		Two-mile run (8 Laps) Time:_____
3rd Wk	Two-mile run (8 Laps) Time:		Two-mile run (8 Laps) Time:		Two-mile run (8 Laps) Time:
4th Wk	Two-mile run (8 Laps) Time:		Two-mile run (8 Laps) Time:		Two-mile run (8 Laps) Time:
5th Wk	Two-mile run (8 Laps) Time:		Two-mile run (8 Laps) Time:		Two-mile run (8 Laps) Time:
6th Wk	Two-mile run (8 Laps) Time:		Two-mile run (8 Laps) Time:		Two-mile run (8 Laps) Time:

I certify that I have completed the workout above during this class.

Signature: _____   Print Name: _____

Date: _____