

Performance-Training History

NAME: _____

Performance:

*input best performances

Cross Country:

2 Mile: _____ 5K:(3.1mile) _____, 6m: _____, 8m: _____

Track:

400m: _____ 800m: _____ Mile: _____ 2 Mile: _____

Mileage History:

*input mileage for cross country / track (if you raced)

Cross Country:

Avg. High "Work": _____ Avg. Low "Peak": _____

Track: (if you raced 400m-2mile):

Avg. High "Work": _____ Avg. Low "Peak": _____

Long Run: _____

Injury History:

*list any injury history from running:

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*Websites to help find your performance history by searching name (OHStrack.com)