



Training Log

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MET Time:		MET Time:	MET Time:	MET Time:
BHT Time:		BHT Time:	BHT Time:	BHT Time:
	WEEK 5	WEEK 6	WEEK 7	WEEK 8
MET Time:		MET Time:	MET Time:	MET Time:
BHT Time:		BHT Time:	BHT Time:	BHT Time: