Interval session planner

Plan the intervals before you start. Tick each one as you finish it.

DATE _____ SESSION _____ WHERE _____

#	WORK (TIME OR DISTANCE)	PACE OR EFFORT	REST	DONE
1				☐
2				☐
3				☐
4				☐
5				☐
6				☐
7				☐
8				☐
9				☐
10				☐
11				☐
12				☐

WARM-UP

COOL-DOWN

HOW IT WENT