JOURNAL:

Write It Down

Several times throughout *The Fat Adapted Running Formula*™, I mention listening to your body. Pay close attention to how your body responds to new changes, especially during your training programs.

The journal section is for developing a new writing practice. By reflecting on your progress, you are focusing your attention as you apply your new fat adapted running strategies. By taking notes on what's working, and what is not, you will only further strengthen your path to progress.

Ask yourself different questions. For example: What time did I begin my run? Did I stick to the plan? How far did I run without external fuel? At what mile did my body slow down? Was I prepared enough? How did my body feel before and after my run? What can I do better? What actions inspire me most? What have I learned that will help me for my next run?

As time goes on, journaling will increase your awareness. Listening to your body will become a habit as you adventure through The Fat Adapted Running Formula™. Journaling will ensure your success as an efficient fat adapted runner. So, write it down!

The 5k Fat Adapted Running Formula Training Journal

WEEK 1: Post-Run Reflection

WEEK 2: Post-Run Reflection

WEEK 3: Post-Run Reflection

WEEK 4: Post-Run Reflection

WEEK 5: Post-Run Reflection

WEEK 6: Post-Run Reflection

WEEK 7: Post-Run Reflection

WEEK 8: Post-Run Reflection

WEEK 9: Post-Run Reflection

WEEK 10: Post-Run Reflection

WEEK 11: Post-Run Reflection

WEEK 12: Post-Run Reflection

The Half-Marathon Fat Adapted Running Formula Training Journal

WEEK 1: Post-Run Reflection

WEEK 2: Post-Run Reflection

WEEK 3: Post-Run Reflection

WEEK 4: Post-Run Reflection

WEEK 5: Post-Run Reflection

WEEK 6: Post-Run Reflection

WEEK 7: Post-Run Reflection

WEEK 8: Post-Run Reflection

WEEK 9: Post-Run Reflection

WEEK 10: Post-Run Reflection

WEEK 11: Post-Run Reflection

WEEK 12: Post-Run Reflection

The Marathon Fat Adapted Running Formula Training Journal

WEEK 1: Post-Run Reflection

WEEK 2: Post-Run Reflection

WEEK 3: Post-Run Reflection

WEEK 4: Post-Run Reflection

WEEK 5: Post-Run Reflection

WEEK 6: Post-Run Reflection

WEEK 7: Post-Run Reflection

WEEK 8: Post-Run Reflection

WEEK 9: Post-Run Reflection

WEEK 10: Post-Run Reflection

WEEK 11: Post-Run Reflection

WEEK 12: Post-Run Reflection

The 50k Fat Adapted Running Formula Training Journal

WEEK 1: Post-Run Reflection

WEEK 2: Post-Run Reflection

WEEK 3: Post-Run Reflection

WEEK 4: Post-Run Reflection

WEEK 5: Post-Run Reflection

WEEK 6: Post-Run Reflection

WEEK 7: Post-Run Reflection

WEEK 8: Post-Run Reflection

WEEK 9: Post-Run Reflection

WEEK 10: Post-Run Reflection

WEEK 11: Post-Run Reflection

WEEK 12: Post-Run Reflection