

# Keeping a training log

Much has been written about whether it's a good idea to keep a detailed training log and opinion it seems will always remain divided. To an extent it depends on how serious the athlete in question although this isn't always the case. For many enthusiasts it's the log itself that keeps them going and the daily entry becomes as much a part of the routine as the run itself. Below are the two sides of the story.

## **The pros of keeping a log**

- It acts as an update of your progress. You can include times, weather conditions and heart rate if you use a monitor, which can all help you learn and develop.
- It acts as a motivator. By adding another entry you're one step further towards your goal
- It 'encourages' you to put your shoes on and get out on your training run. You know that you'll feel bad in a few days time if you look back in the log and see a gap for no good reason.
- It can serve as a reminder if you achieved a good race time a while ago and you want to try and repeat it with the same training programme.
- It can also serve as a reminder of training plans that didn't work out and ones that should therefore be avoided in the future.

## **The cons of keeping a log**

- Some say that it makes the runner compulsive and obsessed about the sport
- Others say that it makes people go running when they shouldn't such as when they've an injury or when they're unwell, just so they don't miss an entry in the log.
- Other critics say that comparing training plans from years before in a training log can be misleading, as conditions and personal circumstances could have been different.

With the development of PC based training logs and the increased use of heart rate monitors that can store huge amounts of data, it's now easier than ever to keep a log. Gone are the days when the only accurate method was a notebook and pen, although for many it's still the only foolproof method. If you do keep a log maybe you want to consider both, as some of the PC models can be give you projections of performance, not just act as a record of what's gone before.

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