



Training Log

RONA MS Bike Tour



DATE:

DAYS / WEEKS UNTIL EVENT WEEKEND:

TIME GOAL TODAY:

TIME LOGGED TODAY:

DISTANCE GOAL TODAY:

DISTANCE TRAVELLED TODAY:

TRAINING INTENSITY (Circle): 1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10

ROUTE DESCRIPTION / CONDITIONS:

NOTES:

TOTAL DISTANCE LOGGED TO – DATE:

I WILL END MS!