

What Went Wrong Log
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Day before problem	Training Stress ¹	Training Recovery ²	Notes	Life Stress ³	Life Recovery ⁴	Notes
1	Day off	Total rest, tried to sleep more	I think I have a cold for sure now			
2	5k race 18:05	Not good: really hot today in the race, didn't want to eat much afterwards.	no one to run with, felt ok.. Not great. Got lost on part of the course		soaked legs in pool again.	
3	short 20 min run + strides	drank lots today to be well hydrated	throat little sore, but legs felt good.	Drive to Phx. And stay with family		
4	easy 40 min.	Used foam roller	begin small taper for 5k this weekend		took vit. C again, went to be early	
5	60 min run	general fatigue from workout.. Legs tired. no plans today.. Able to rest a little and eat good after the run.		feel a little off today	started taking vit. C	
6	4x2mile 2-3min. Rec.		Nice hard, but controlled effort.. And	Low, easy day at home	Got caught up on things at home.. Not as stressed today	
7	60 min run hilly trail	not much.. No time	the hills seemed to agravate my IT band again.			Try to get a massage this week and ice.
8	Day off	Haven't had a day off in 13 days	trying to squeeze too many runs/workouts in		slept in today to try to catch up	
9	56 min. easy	put legs in cold water	Really tired again	busy weekend, stayed up too late		
10	6x1k 400 rec.	drank protein drink after workout	Felt fast, ran each one faster		Coffee with a friend.. Nice relaxing time	
11	60 min.	forgot to use foam roller, but IT band still a little tight	ran alone, really tired.	normal	canceled my meeting	
12	8x400 2min. Recovery	no time.. Off to school with girls			chilled in front of the tv.. No energy tonight	
13	60 min easy with a friend	Used foam roller	Still sore, but not worse			
14	Easy 60 min.		Left I.T. band is sore	trying to get caught up after being gone for the weekend.		
15	Longer run 65 min. in hills	Really hungry this morning.	Not too sore from the race.	Drive home 2 hours		too much coffee today!
16	5k race 17:56	Hard to find food after the race, tried to hydrate well.	Put legs in the pool for 10 min. legs a little heavy, but hoping the easy run will help	Busy with kids and family	none	Felt good in the race and strong at the end.
17	30 min. + 6 strides	ran easy and short		drove to Phx. For a 5k race	early to bed	
18	Fartlek Run	only stretched a little after, had to get to work				
19	60 min.		Felt strong today	busy day, felt rushed		really tired after dinner
20	60 min easy	ate good right after workout				
21	60 min easy		Felt good	normal	early to bed	uphill run on a trail

¹ Training Stress = workout details, environmental conditions (heat, humidity, cold, wind, terrain, etc.)

² Training Recovery = nutrition, hydration, resting, stretching, rehab, etc.

³ Life Stress = work stress, travel, emotional stress, illness, nutrition/hydration, how busy you feel, sleep quantity/quality

⁴ Life Recovery = nutrition, hydration, resting, nutrition/hydration, quantity/quality of sleep