

Aerobic Training Log

Refer to Aerobic Mile Chart to complete aerobic miles for each activity.

Phase II
Aerobic Mile Goal: 8 / week

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Name

Month

Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total
Sample	Walk 30 min. 2 aerobic miles	Walk 30 min. 2 aerobic miles	Walk 20 min. 1.5 aerobic miles	Rest day, do stretching	Swim 25 min. 1 aerobic mile. Jog 14 min. 1.5 aerobic mile	Rest day, do stretching	Rest day	8 aerobic miles
1								
2								
3								
4								
5								

Increasing physical activity is the single most effective thing we can do to improve our health.

NOTE: If, as a part of your daily routine, you already walk 8,000 steps, please increase your level of activity. Intensity and duration are important aspects of fitness, which will not be accomplished by incidental activity.