



## Training Log for Hiking

Date of the Hike/Training Session: \_\_\_\_\_

Location (Where you hiked or trained): \_\_\_\_\_

Weather Conditions: \_\_\_\_\_

Hike/Training Details: \_\_\_\_\_

Session Type (e.g., Base-building hike, interval training, tempo hike, etc.):

\_\_\_\_\_

Distance: \_\_\_\_\_

Duration: \_\_\_\_\_

Terrain (e.g., flat, hilly, rocky, etc.): \_\_\_\_\_

Trail/Route Description: \_\_\_\_\_

\_\_\_\_\_

Pace/Intensity (Your perceived intensity or heart rate zone during the hike): \_\_\_\_\_

Pace/Intensity (Your actual intensity or heart rate zone during the hike if you have a smart watch or app

& record statistics): \_\_\_\_\_

Elevation Gain/Loss: \_\_\_\_\_

Total Ascent: \_\_\_\_\_

Total Descent: \_\_\_\_\_

Notes/Comments: \_\_\_\_\_

\_\_\_\_\_



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