

presented by



**Aurora**  
Health Care®

# RIDER'S TRAINING LOG

Ride Day / Date	Average Speed	Distance	Time	Course Description	Weather Conditions	Ride Type <small>(training, recreational, etc.)</small>	Notes: <small>(heart rate, temperature, etc.)</small>
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
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Saturday							
Sunday							
Monday							
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Saturday							
Sunday							

	TOTAL: Week
	TOTAL: Year-to-Date