**Cross Country Workout Log Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_**

**Workout Name:**

**Details: (Splits, mileage, etc)**

**How I felt before:**

**How I felt after:**

**Notes: (PR, meals, sleep, etc)**

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**Cross Country Workout Log Date \_\_\_\_\_\_\_\_\_\_\_\_**

**Workout Name:**

**Details: (Splits, mileage, etc)**

**How I felt before:**

**How I felt after:**

**Notes: (PR, meals, sleep, etc)**

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**Cross Country Workout Log Date \_\_\_\_\_\_\_\_\_\_\_\_**

**Workout Name:**

**Details: (Splits, mileage, etc)**

**How I felt before:**

**How I felt after:**

**Notes: (PR, meals, sleep, etc)**