**CARDIO PLANNER**

This workout planner can help you keep track of your cardio training. Enter the date, time of day, type of cardio workout you completed, length of your workout in the “Time” column, and the distance you covered (when applicable), in either miles or kilometers in column 5. Your average pace, when applicable, is your distance divided by your time in column 6. Remember: Take notes on how your workout went! (This worksheet also is available in Excel format, which automatically makes the calculations for you. If you would like the Excel version, please send your request to us using HPRC’s Ask the Expert feature, and we’ll email the file to you.)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Date 1/30/2020 | Time of Day 1500 | Workout Ru | Time (h:mm:ss) 2:35:15 | Distance (mi or km) 13.1 mi | Average Pace (h:mm:ss) 0:11:51/mi |
| How was your work out? | | | | | |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Date | Time of Day | Workout Ru | Time (h:mm:ss) | Distance (mi or km) | Average Pace (h:mm:ss) |
| How was your work out? | | | | | |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Date | Time of Day | Workout Ru | Time (h:mm:ss) | Distance (mi or km) | Average Pace (h:mm:ss) |
| How was your work out? | | | | | |