

# Competitive Foot Speed



## Example: CFS Individualized Training Log

<b>Week 1</b>	1	2	3	4	5	6	7	8	9	10
<b>Week 2</b>	1	2	3	4	5	6	7	8	9	10
<b>Week 3</b>	1	2	3	4	5	6	7	8	9	10
<b>Week 4</b>	1	2	3	4	5	6	7	8	9	10
<b>Week 5</b>	1	2	3	4	5	6	7	8	9	10
<b>Week 6</b>	1	2	3	4	5	6	7	8	9	10
<b>Week 7</b>	1	2	3	4	5	6	7	8	9	10
<b>Week 8</b>	1	2	3	4	5	6	7	8	9	10
<b>Week 9</b>	1	2	3	4	5	6	7	8	9	10
<b>Week 10</b>	1	2	3	4	5	6	7	8	9	10
<b>Week 11</b>	1	2	3	4	5	6	7	8	9	10
<b>Week 12</b>	1	2	3	4	5	6	7	8	9	10