**VDOT02 Log**

**We use the VDOT02 app for posting your daily training and for you to edit the log with your training. The VDOT02 registration tab is on the same page as the team registration link. In creating an account please use your name for registering so I know who you are when posting your workouts.**

**How to log runs and workouts using Vdot02**

Log into VDOT02 from the app on your phone or computer.

Click on **calendar date**.

Click on the **Run or Workout scheduled**

**You should**:

* If mileage or workout is accurate you **add a comment** in the “**Your Notes**” Section
* **Edit the run** to reflect what you did that day and **add a comment “Your Notes” Section**
  + Ex #1: Change 35 minute run to 4.2 miles.
  + Ex #2: Change a 6 mile run to a 4 mile run.
* **Add a run** that you have completed on the day you did it **if it is not listed** and **add a comment** to **“Your** **Notes**” Section

Comments might include:

* Listing the time you ran your run in. Example: “I ran a Dunnam loop with Taylor in 40:23.
* Telling me how it went on the run: “**Felt tired today**”.
* Any other factors: “I was tired from staying up late doing homework.

Make sure to save the entry to “your notes” section.

**Good logging helps me to train you properly.**

**Coach Coleman**

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