

Training Log

Name: _____

Squad: _____

Day: _____

Date: _____

Time: _____

Coach: _____

Goal for session: _____

Aim of session: _____

Main Set: _____

Sub Set: _____

Total Distance: _____

Rate how you felt (1= very Bad 5= very good)

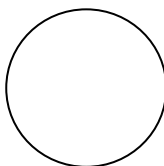
Health 1 2 3 4 5

Confidence 1 2 3 4 5

Energy/tiredness 1 2 3 4 5

Enthusiasm 1 2 3 4 5

Face (Happy, sad, okay)



Goal for next session: _____

Weekly summary

Name: _____

Squad: _____

Date: _____

Total number of sessions: _____ (minimum target 75%)

Total Distance: _____

What I improved most this week: _____

What I need to work on next week: _____

Gala / Competition: (If had one) _____

Race	Time	PB (Y/N)

Comment: _____

Rate how you felt the whole week went (1= very bad, 5= very good)

Health 1 2 3 4 5

Confidence 1 2 3 4 5

Energy/tiredness 1 2 3 4 5

Enthusiasm 1 2 3 4 5

Face (Happy, sad, okay)

