

Athlete _____ Week beginning _____ Week # _____ Training period _____
 Planned hours _____ Races/Results _____ Strength phase _____

Monday _____ Resting HR _____ Weight _____

Sleep length & quality 1 2 3 4 5 Today's mental rating 1 2 3 4 5

Workout: Hours Distance Ave HR Max HR Ave Sp Other

BIKE						
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Notes _____

Strength workout: _____

Today's total training hours _____

Tuesday _____ Resting HR _____ Weight _____

Sleep length & quality 1 2 3 4 5 Today's mental rating 1 2 3 4 5

Workout: Hours Distance Ave HR Max HR Ave Sp Other

BIKE						
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Notes _____

Strength workout: _____

Today's total training hours _____

Wednesday _____ Resting HR _____ Weight _____

Sleep length & quality 1 2 3 4 5 Today's mental rating 1 2 3 4 5

Workout: Hours Distance Ave HR Max HR Ave Sp Other

BIKE						
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Notes _____

Strength workout: _____

Today's total training hours _____

Thursday _____ Resting HR _____ Weight _____

Sleep length & quality 1 2 3 4 5 Today's mental rating 1 2 3 4 5

Workout: Hours Distance Ave HR Max HR Ave Sp Other

BIKE						
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Notes _____

Strength workout: _____

Today's total training hours _____

Friday _____ Resting HR _____ Weight _____

Sleep length & quality 1 2 3 4 5 Today's mental rating 1 2 3 4 5

Workout: Hours Distance Ave HR Max HR Ave Sp Other

BIKE						
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Notes _____

Strength workout: _____

Today's total training hours _____

Saturday _____ Resting HR _____ Weight _____

Sleep length & quality 1 2 3 4 5 Today's mental rating 1 2 3 4 5

Workout: Hours Distance Ave HR Max HR Ave Sp Other

BIKE						
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Notes _____

Strength workout: _____

Today's total training hours _____

Sunday _____ Resting HR _____ Weight _____

Sleep length & quality 1 2 3 4 5 Today's mental rating 1 2 3 4 5

Workout: Hours Distance Ave HR Max HR Ave Sp Other

BIKE						
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Notes _____

Strength workout: _____

Today's total training hours _____

Week Summary - Totals

	Hours	Distance	Year totals	
Bike				
STRENGTH		Year total		

This weeks total hours _____ Year to date _____

Notes _____