	Week beginning_				
Planned hours		Strengt	n pnase		
Monday Resting HR _	Weight	Tuesday	Resting HR	Weight_	
Sleep length & quality 1 2 3 4 5 Today's mental rating 1 2 3 4 5		Sleep length & c	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	Workout: Hours	Distance Ave HR	Max HR Ave Sp	Other
BIKE		BIKE			
Notes	Notes				
Strength workout:	Strength workout	t:			
	Strength workout:				
Today's total training hours		Thomas does not be a second of the second of			
Wednesday Resting HR Weight Thursday Resting HR Weight					
Sleep length & quality 1 2 3 4 5	Γoday's mental rating 1 2 3 4 5	Sleep length & c	quality 1 2 3 4 5	Today's mental	rating 1 2 3 4 5
Workout: Hours Distance Ave HR BIKE	Max HR Ave Sp Other	Workout: Hours BIKE	Distance Ave HR	Max HR Ave Sp	Other
Notes		Notes			
Strength workout:		Strength workout:			
Today's total training hours		Today's total trai <b>Saturday</b>			
				Today's mental	-
Workout: Hours Distance Ave HR BIKE	Max HR Ave Sp Other	Workout: Hours BIKE	Distance Ave HR	Max HR Ave Sp	Other
Notes		Notes			
Strength workout:		Strength workout:			
Today's total training hours		Today's total training hours			
Sunday Resting HR	Week Summary-Totals				
Sleep length & quality 1 2 3 4 5	Γoday's mental rating 1 2 3 4 5	Bike	ours Dista	nce Yea	r totals
Workout: Hours Distance Ave HR	Max HR Ave Sp Other		·	·	
BIKE		STRENGTH	Yea	r total	
Notes	This weeks total hours Year to date Notes				
		110168			
Strength workout:					
Today's total training hours					