

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

Workouts: Hours Distance Ave HR Max HR Other

SWIM					
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Notes _____

BIKE					
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Notes _____

RUN					
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Notes _____

Total hours _____ Strength workout: _____

Tuesday _____ Resting HR _____ Weight _____

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

Workouts: Hours Distance Ave HR Max HR Other

SWIM					
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Notes _____

BIKE					
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Notes _____

RUN					
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Notes _____

Total hours _____ Strength workout: _____

Wednesday _____ Resting HR _____ Weight _____

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

Workouts: Hours Distance Ave HR Max HR Other

SWIM					
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Notes _____

BIKE					
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Notes _____

RUN					
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Notes _____

Total hours _____ Strength workout: _____

Thursday _____ Resting HR _____ Weight _____

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

Workouts: Hours Distance Ave HR Max HR Other

SWIM					
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Notes _____

BIKE					
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Notes _____

RUN					
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Notes _____

Total hours _____ Strength workout: _____

Friday _____ Resting HR _____ Weight _____

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

Workouts: Hours Distance Ave HR Max HR Other

SWIM					
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Notes _____

BIKE					
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Notes _____

RUN					
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Notes _____

Total hours _____ Strength workout: _____

Saturday _____ Resting HR _____ Weight _____

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

Workouts: Hours Distance Ave HR Max HR Other

SWIM					
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Notes _____

BIKE					
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Notes _____

RUN					
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Notes _____

Total hours _____ Strength workout: _____

Sunday _____ Resting HR _____ Weight _____

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

Workouts: Hours Distance Ave HR Max HR Other

SWIM					
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Notes _____

BIKE					
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Notes _____

RUN					
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Notes _____

Total hours _____ Strength workout: _____

Week Summary - Totals

	Hours	Distance	Year totals	
SWIM				
BIKE				
RUN				
STRENGTH		Year total		

This weeks total hours _____ Year to date _____

Notes _____