WEEKLY TRAINING PLANNER

Plan the week. Record the work. Learn from how it felt.

WEEKS TO GO _____ **WEEK BEGINNING** _____ **RACE** _____

Use the session space to plan one or more workouts; use the notes to record how they went.

DAY / DATE	SESSION(S)	NOTES / HOW IT WENT
MONDAY DATE _____ ○ DONE		
TUESDAY DATE _____ ○ DONE		
WEDNESDAY DATE _____ ○ DONE		
THURSDAY DATE _____ ○ DONE		
FRIDAY DATE _____ ○ DONE		
SATURDAY DATE _____ ○ DONE		
SUNDAY DATE _____ ○ DONE		

WEEKLY CHECK-IN

A win or lesson from this week

One focus for next week