Day

Date _____

Start _____ Activity _____

Time _____ Distance _____ Climb _____ m

RPE ____/10 Avg HR _____ Max HR _____

Shooting: prone ____ / ____ standing ____ / ____

NOTES

Start _____ Activity _____

Time _____ Distance _____ Climb _____ m

RPE ____/10 Avg HR _____ Max HR _____

Shooting: prone ____ / ____ standing ____ / ____

NOTES

Start _____ Activity _____

Time _____ Distance _____ Climb _____ m

RPE ____/10 Avg HR _____ Max HR _____

Shooting: prone ____ / ____ standing ____ / ____

NOTES

BiathlonHub Training diary

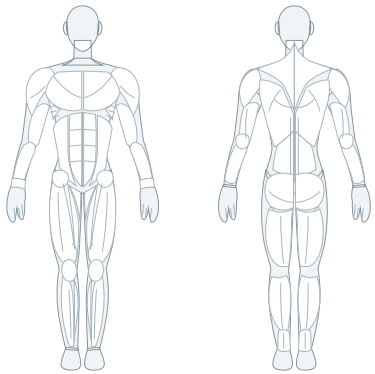
How I feel

Sleep _____ h Resting HR _____

Energy	1	2	3	4	5
Mood	1	2	3	4	5
Soreness	1	2	3	4	5

NOTES

Pain and injuries



BODY FRONT BODY BACK

Mark where it hurts and write how much next to it, 0 to 10.

0	1	2	3	4	5	6	7	8	9	10