Week

From _____ to _____

DAY	TRAINING	TIME	DISTANCE	RPE	NOTES
Mo					
Tu					
We					
Th					

BiathlonHub Training diary

Week

DAY	TRAINING	TIME	DISTANCE	RPE	NOTES
Fr					
Sa					
Su					

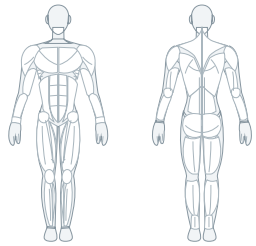
The week

Total time _____

Distance _____

HOW DID THE WEEK GO?

Pain and injuries



0	1	2	3	4	5	6	7	8	9	10