Athlete _____ Period _____

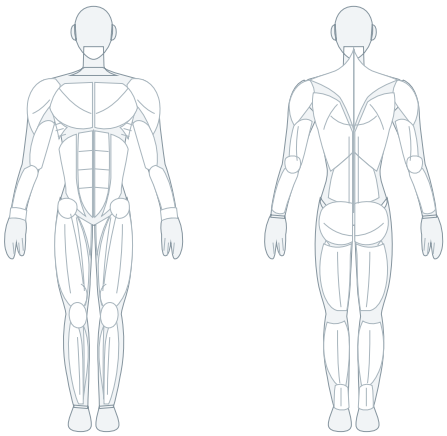
DAY	TRAINING	TIME	DISTANCE	RPE	NOTES
Mo					
Tu					
We					
Th					
Fr					
Sa					
Su					

The week

Total time _____ Distance _____

HOW DID THE WEEK GO?

Pain and injuries



BODY FRONT BODY BACK

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

0	1	2	3	4	5	6	7	8	9	10