

Keeping a Record of Your Goals, and, Your Training

(Special Reference: Senior and Intermediate Swimmers and Runners)

It is likely that you have set a **personal goal(s)** as well as a **team goal(s)**.

Write these down in the space provided: **GOALS**

Bear in mind that you cannot control results, only the process .. your own actions towards your goals. So, instead of setting a goal of winning your event, set your goal(s) as making a certain time(s), or achieving a certain level of performance.

What to record:?

The training log has been designed so that recording your daily information is quick and easy to do.

Step 1: Record your morning, reclining heart rate. This should be measured when you wake up, while you are still in bed. (Pulse rate counting is a vital part of your training .. it is a simple, yet important skill for you to master.)

Resting Heart Rate is a **useful** indicator of your training status. An increase of more than five beats per minute can be a warning sign of over-training or possible illness if it does not return to normal in a couple of days.

Step 2: **Rate Your Day.** At the end of the day, reflect on how you felt about your training.

How did you feel physically? Were you able to complete your workout? How did you feel mentally? Were you focused? How did you perform technically / tactically? Was your form commendable? Was your application of strategy sound?

Rate yourself in each area, and give yourself an **overall rating** for the day as follows:



I Was Above Average; I was happy with the ways things went.



I Was Satisfied; although satisfied, I know I can do better.



I Was Dissatisfied; things did not go well; I need to make a conscious effort to enhance my performance.

Step 3: **Additional Recording.** At the back of each weekly checklist, is a space for you to record your day in more detail, should you wish to do so.

Note important details of your workout, your coach's comments, important statistics, accomplishments, etc. **YOU decide** what you want to record .. what information you may wish to refer back to and apply to future training.

Record your evening heart rate.

Step 4: **Evaluate:** Keeping track of how things are going on a daily / weekly basis will give you a clearer picture of your readiness to perform. This is all part of the "fine tuning process".

How was the physical component of your training today? How did you respond? Are there adjustments that need to be made? How was your focus / concentration during today's session? Did you eat properly today (yesterday)? Were you well rested before the session?

Step 5: **Make plans for the next week.** In the week in summary, make a specific note of things you want to work on or accomplish next week.

What you are today,
is
dependent
on what you did
yesterday

Where you will be
tomorrow,
is dependent
on what you are
doing
**right
now**

Don't Overkill Your Training Diary: Keep it Simple

The text above is a modified extract from advice to Australian Juniors (U20): World Junior Athletics, 1996