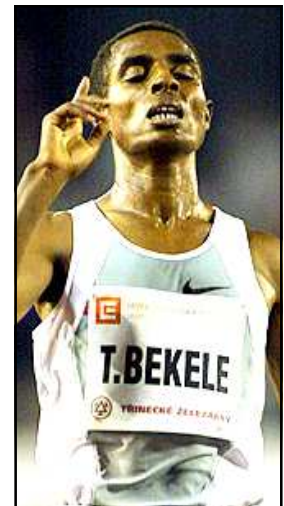


Taking the next step

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CHAMPIONS are distinguished by differences:

the different things they do, and, the things they do differently



If it's measurable measure it

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Training Diaries

for Senior Athletes

The sample diaries presented are just that .. Samples
You can design your own, perhaps in consultation with your coach

A Training Diary can assist athletes:

- To focus on goal(s) .. to help plan ahead (sometimes months ahead)
- Act as a conscience
(help you to make an effort on those inevitable *I don't feel like it* days)
- Present a record for review by yourself or with your coach

But,

- Set yourself to **complete** the diary **in** no more than **5 minutes**.
Comments / descriptions should be brief (abbreviated) .. details should mean something to YOU, and be capable of discussion or elaboration with your coach.
- **Don't become a slave to your diary** .. record the relevant details, then *get on with the rest of your life* (there is no medal at the end of the season for the most comprehensive diary).
Structure your diary to encourage ease of completion ... you will be more likely to respond to simplicity

Important details include: *when? where? what did you do? how did you go? how did you feel about it?*

Recording Details

- Be precise (e.g. no. of runs/swims; times; session distance; ...)
A visual record of your efforts and progression
will soon emerge
A swimming example: 10 x 50 F-S on 50 (35) 35 = av. time, or,
record slowest/fastest) e.g. 39/34

A running example: 2 x 4 x 200; walk/jog back; 5-8 mins. b/t sets
32/33/32/32 - (8 mins.) - 32/32/33/31
- Be **evaluative**, not judgemental (ask if you are unsure what this means) in your comments
- Rate your evaluation of each session
e.g. 5 (*Great session, felt I could do anything*)
4—3—2
1 (*I can and need to do much better*)
Most ratings will be 3.5—1.5; highest and lowest rankings should be reserved for exceptional sessions.
We all have “up” days and “down” days .. that's normal; your diary can help you to appreciate this.
- It may be useful to record your sleep hours of the night preceding any session/competition.

There are many other variables that can be recorded, totalled, averaged .. **remember**, don't become a slave to your diary; it is there to help you as an athlete, not to become just another task you must complete.

**Stretches and Specific Drills will vary from athlete-to-athlete.
Every athlete is an experiment of one**

Weekly Training Plan (Running) .. North West Athletics

Name: _____

Weeks to next key competition / test:

Extras = ST, PU, SU, CBL, Agility Drills, ... time in mins.

Day/Date	Plan	Km. or Mins	Extras	Actual Training / Comments
Mon.				<input style="width: 30px; height: 30px; border: 1px solid black;" type="text"/>
Tues.				<input style="width: 30px; height: 30px; border: 1px solid black;" type="text"/>
Wed.				<input style="width: 30px; height: 30px; border: 1px solid black;" type="text"/>
Thurs.				<input style="width: 30px; height: 30px; border: 1px solid black;" type="text"/>
Fri.				<input style="width: 30px; height: 30px; border: 1px solid black;" type="text"/>
Sat.				<input style="width: 30px; height: 30px; border: 1px solid black;" type="text"/>
Sun.				<input style="width: 30px; height: 30px; border: 1px solid black;" type="text"/>

Total: No. of sessions / KM

It can be useful to record all other commitments that will take precedence over training .. well in advance, if possible.

Average Rating

Comments should be brief but as precise as possible: e.g. 4 km. Easy LSD Run; or, w/u + 2 x 4 x 150 @ 90%, w/b, 8 mins. + w/d. Record times where appropriate.
The diary has many uses, but should **not** dominate your life .. 5 mins./day.

Your Rating of your Session(s):
Great = 5, 4.5, 4, 3.5, 3, 2.5, 2, 1.5, 1

Weekly Training Plan (Running) SAMPLE ONLY

Name: _____

Weeks to next key competition / test:

6

Day/Date	Plan	Km. or Mins.	Actual Training / Comments	
Mon.	LSD	5K	Easy Run; Bar Circuit 1 x 2 Stretching .. 20 mins.	(3.5)
Tues.	SPEED ENDURANCE		2 x 4 x Hills (approx. 150's) (w/b recovery) 5-6 mins b/t sets Stretching .. 20 mins.	(4)
Wed.	REST		Stretching .. 20 mins.	()
Thurs.	SPEED		3 x 4 x 50 (spikes) w/b + 5 mins. b/t sets Jog 2K	(3)
Fri.	LSD	3K	20 Mins. + 2 x Bar Circuit 1 Pool Session (30 mins.)	(3)
Sat.	REST			()
Sun.	SPEED ENDURANCE		Hills: 2 x 4 x Hills (approx. 150's) w/b recovery) 5-6 mins b/t sets Stretching .. 20 mins.	(4)

Total: No. of sessions / KM

It can be useful to record all other commitments that will take precedence over training .. in advance, if possible.

Average Rating

()

Comments should be brief but as precise as possible: e.g. 4 km. Easy LSD Run; or, w/u + 2 x 4 x 150 @ 90%, w/b, 8 mins. + w/d. Record times where appropriate.
The diary has many uses, but should **not** dominate your life .. 5 mins./day.

Your Rating of your Session(s):
Great = 5, 4.5, 4, 3.5, 3, 2.5, 2, 1.5, 1

Weekly Training Plan (Swimming)

Name: _____

Weeks to next key competition / test:

Sleep = rest/recovery of preceding night

Ex. = extras (Dryland, Pulleys, ST, ..)

KM = actual or estimate (w/u & w/d inclusive)

Day/Date	Planned Attendance	Sleep	KM	Ex.	Actual Training / Comments	
Mon.						<input type="radio"/>
						<input type="radio"/>
Tues.						<input type="radio"/>
						<input type="radio"/>
Wed.						<input type="radio"/>
						<input type="radio"/>
Thurs.						<input type="radio"/>
						<input type="radio"/>
Fri.						<input type="radio"/>
						<input type="radio"/>
Sat.						<input type="radio"/>
						<input type="radio"/>
Sun.						<input type="radio"/>
						<input type="radio"/>

Total: No. of sessions / KM

It can be useful to record all other commitments that will take precedence over training .. in advance, if possible.

Average Rating

Comments should be brief but as precise as possible: e.g. Do not record w/u and w/d details; 10 x 50 on 50 (Av. 35) + 10 x 100 on 1:45 (1:18). Record Meet times.
The diary has many uses, but should **not** dominate your life .. 5 mins./day.

Your Rating of your Session(s):
Great = 5, 4.5, 4, 3.5, 3, 2.5, 2, 1.5, 1

Weekly Training Plan (Swimming) SAMPLE ONLY

Name: _____

Weeks to next key competition / test:

6

Sleep = rest/recovery of preceding night

Leave non-training session times blank

Day/Date	Planned Attendance	Sleep	KM	Actual Training / Comments	
Mon.		8		Pulleys / Cross Body Lifts (XBL)	○
	X			5.00 p.m. F/S & FLY emphasis; good session	(3.5)
Tues.		9		Pulleys / Cross Body Lifts (XBL)	○
	X			5.00 p.m. IM Emphasis .. felt tired	(2.5)
Wed.		10		Felt better .. Good sleep	○
				Core Body Strength (CBS) .. Woodchopper & Russian T	(3)
Thurs.					○
	X				○
Fri.					○
	X				○
Sat.					○
Sun.	Comp			Where, when, times???	○

Total: No. of sessions / KM

It can be useful to record all other commitments that will take precedence over training .. in advance, if possible.

Average Rating

Comments should be brief but as precise as possible: e.g. Do not record w/u and w/d details; 10 x 50 on 50 (Av. 35) + 10 x 100 on 1:45 (1:18). Record Meet times.
The diary has many uses, but should **not** dominate your life .. 5 mins./day.

Your Rating of your Session(s):
Great = 5, 4.5, 4, 3.5, 3, 2.5, 2, 1.5, 1

