

# Planning & Completion Training Calendar

Week # \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
<b>Date:</b>								
<b>Detailed Plan:</b> <i>Circle KEY Workouts</i>								Swim =  Bike =  Run =  Strength =  Stretch =
<b>Duration:</b>								<b>I completed the following this week:</b> <u>Run</u> ___ Endurance ___ Speed Work ___ Tempo  <u>Swim</u> ___ Endurance ___ Speed Work ___ Drills  <u>Bike</u> ___ Long & Slow ___ Endurance ___ Drills ___ Hills  <u>Strength Training</u> ___ Core (abs/back) ___ Legs ___ Arms ___ Stretch
<b>Zone - Intensity Level:</b> <i>(hr, calories, etc.)</i>								
<b>Hours Slept Last Night:</b>								
<b>Time of Workout:</b>								
<b>How did you feel?</b> <i>(fast, slow, hurt, etc.)</i>								