

Name: _____ Training log

Monday: distance or time _____ Air temp _____ humidity _____
 Course conditions: _____
 Training heart rate _____ recovery heart rate _____
 Rest heart rate _____ aches or pains: _____
 Borg scale rating _____ race or workout times _____
 Overtraining signs _____ hrs sleep _____

Tuesday: distance or time _____ Air temp _____ humidity _____
 Course conditions: _____
 Training heart rate _____ recovery heart rate _____
 Rest heart rate _____ aches or pains: _____
 Borg scale rating _____ race or workout times _____
 Overtraining signs _____ hrs sleep _____

Wednesday: distance or time _____ Air temp _____ humidity _____
 Course conditions: _____
 Training heart rate _____ recovery heart rate _____
 Rest heart rate _____ aches or pains: _____
 Borg scale rating _____ race or workout times _____
 Overtraining signs _____ hrs sleep _____

Thursday: distance or time _____ Air temp _____ humidity _____
 Course conditions: _____
 Training heart rate _____ recovery heart rate _____
 Rest heart rate _____ aches or pains: _____
 Borg scale rating _____ race or workout times _____
 Overtraining signs _____ hrs sleep _____

Friday: distance or time _____ Air temp _____ humidity _____
 Course conditions: _____
 Training heart rate _____ recovery heart rate _____
 Rest heart rate _____ aches or pains: _____
 Borg scale rating _____ race or workout times _____
 Overtraining signs _____ hrs sleep _____

Saturday: distance or time _____ Air temp _____ humidity _____
 Course conditions: _____

Training heart rate _____ recovery heart rate _____
 Rest heart rate _____ aches or pains: _____
 Borg scale rating _____ race or workout times _____
 Overtraining signs _____ hrs sleep _____

Sunday: distance or time _____ Air temp _____ humidity _____
 Course conditions: _____
 Training heart rate _____ recovery heart rate _____
 Rest heart rate _____ aches or pains: _____
 Borg scale rating _____ race or workout times _____
 Overtraining signs _____ hrs sleep _____

Weekly distance or time total: _____

Lessons

learned: _____

