

WEEK# 22

BLOCK# \_\_\_\_\_

MONTH May

DAILY SUMMARY AND COMMENTS

DAY/DATE	TRAINING METHOD									INTENSITY LEVEL	ACTIVITY				
	Warm-Up	L.S.D. (Level 1)	L.S.D. (Level 2)	Long/Natural Interval	Race Pace	Competition	Short Interval		Ski		Roller Ski	Foot	Cycle	Other	
							Speed	Hill Bd.							Strength
M 25	:10	:45							:30	1		:45			
T 26	:15			:30						3		:45			
W 27	:10								:30						
T 28	:15		:30					:20		5	C	:35			
F 29	:10								:30	2					
S 30		:45	Same workout →					:05		2/5	S	:50			
S 31		1:30								1			1:30		
Week Tot.	1:10	2:15	1:15	:30	-	-	:05	:20	1:30		-	1:20	2:05	1:30	-
Mth. Tot.	2:40	10:20	5:35	2:00	:20	-	1:15	1:20	6:00		-	6:20	8:55	3:40	-
Year Tot.	16:10	51:25	27:10	5:00	1:45	1:10	3:20	3:00	21:15		-	19:05	63:35	15:10	-

Resting Pulse (a.m.)	Weight (a.m.)	Sleep (Hours)	Comments
			Monday • Ran with Natasha. Ski stride the uphill. Took poles. Very enjoyable workout (~9km)
			Tuesday • 5 x 3min. uphill ski stride with poles on Pipeline Fire Track. Ski ran the flat sections. Felt good.
65	51½	9	Wednesday • 10 exercises in circuit form. Increased the reps. on dips, sit-ups and roller board. Did three circuits. Very tired at end.
62	52	8½	
61	51	9	Thursday • 3 sets of 5 reps. of 10 sec. each. 45 sec rest b/w reps, 3min rest b/w sets. 1st set diag. bound, 2nd & 3rd skate bounding.
63	51	8	• SFD undulating terrain. Good balance in diag.
63	52	9½	Friday • Strength - increased reps on pull-ups (1) and back extensions (2).
64	51½	6	Studied late.
64	51	10	Saturday • Did 10 x 30sec sprints { 5 skate during LSD w/out. Feeling better with uphill off-set skate.
63	51.4	8.6	Went to Paul's party.
↑ Average ↑			Sunday Cycle with Belinda and Andrew to Tawonga Bridge and back. Worked hard on the uphill. Hard week coming up (8 hours)

Week Total	7:05
Month Total	29:30
Year Total	128:15

Intensity Of Week:  Easy  Medium  Hard  Very Hard

Weekly Summary and Comments

Sample filled in Diary page (Junior 15 Years)