

Planning

Ensuring that your daily commitments compliment your training is an important part of becoming a champion. Mark / shade each box against the activity you are doing at that time. Show this to your coach and use it to discuss ways in which you make your time even more effective.

Day	Activity	6-8 am	8-10 am	10-12 am	12-2 pm	2-4 pm	4-6 pm	6-8 pm	8-10 pm	10-12 pm	12-6 am	Lifestyle tips <ul style="list-style-type: none"> • Plan your week so that training sessions are completed, similar for homework and revision. Keep a diary showing when projects have to be submitted and keep to the deadlines • Keep a routine and get plenty of rest. Remember the body recovers whilst it is resting so resting is as important as training. • Ask your club secretary for a copy of the UK Athletics clubs medical resource: it has lots of tips on how to stay injury free and ensure you recover properly from your training sessions. (If your club does not have a resource, contact UK Athletics clubs services on 0870 998 6800)
Mon	Training											
	School / Study											
	Work											
	Leisure											
	Other Sport(s)											
	Rest / Sleep											
Tues	Training											
	School / Study											
	Work											
	Leisure											
	Other Sport(s)											
	Rest / Sleep											
Wed	Training											
	School / Study											
	Work											
	Leisure											
	Other Sport(s)											
	Rest / Sleep											
Thurs	Training											
	School / Study											
	Work											
	Leisure											
	Other Sport(s)											
	Rest / Sleep											
Fri	Training											
	School / Study											
	Work											
	Leisure											
	Other Sport(s)											
	Rest / Sleep											
Sat	Training											
	School / Study											
	Work											
	Leisure											
	Other Sport(s)											
	Rest / Sleep											
Sun	Training											
	School / Study											
	Work											
	Leisure											
	Other Sport(s)											
	Rest / Sleep											

Our club website is: WWW.

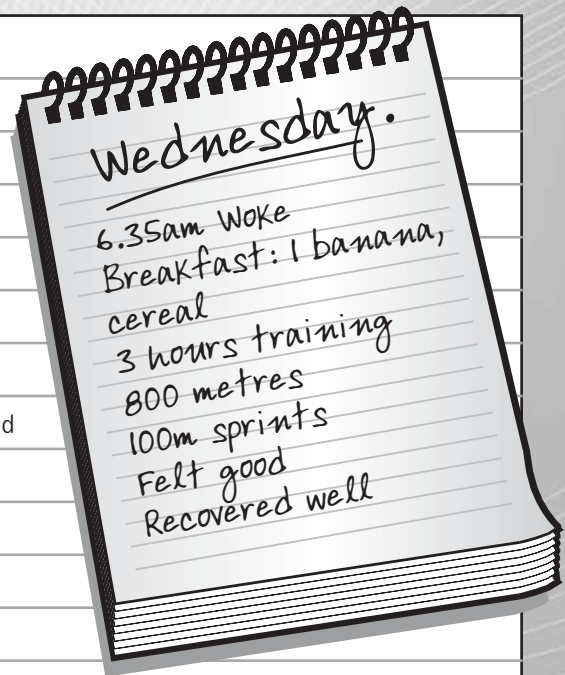
Planning

Training Diary

A training diary is a great way of documenting your progress over time and can be a really rewarding way of looking back at all the work you have put in during the year. It can also highlight warning signs to you both in terms of injury and your health.

Any standard diary can be modified into a training diary and you should look to record:

Daily	
<input type="checkbox"/>	Time you woke up
<input type="checkbox"/>	Time you went to sleep
<input type="checkbox"/>	Food you ate
<input type="checkbox"/>	How many hours you worked / studied
<input type="checkbox"/>	What your training was or whether you had a rest day
<input type="checkbox"/>	Weather conditions for your training
<input type="checkbox"/>	Times / distances recorded and what training you completed
<input type="checkbox"/>	How the training felt
<input type="checkbox"/>	How well did you recover from the training
Weekly	
<input type="checkbox"/>	Height
<input type="checkbox"/>	Weight
<input type="checkbox"/>	Pulse Rate
Monthly	
<input type="checkbox"/>	Review of the month's training
<input type="checkbox"/>	Goal setting for next month
Training Tips	
●	Remember: Make good practice permanent - ensure that you carry out every aspect of your training perfectly
●	Ensure you drink plenty of fluid before, during and after your training. Also have a good meal after training to guarantee the body refuels ready for the next session.



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Performance Record

When the athlete starts to take part in competitions they may like to keep a record of their performances. Use the table below.

Date	Event	PB	Venue	Performance	Next Target
e.g. 05/07/05	Triple Jump	10.20m	South Leeds Stadium	10.10	10.25m

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Event Diary/ Season Planner

Young Athletes/Junior League

	Date	Venue	Event	Performance
Match				
Match				
Match				
Match				

Local League

	Date	Venue	Event	Performance
Match				
Match				
Match				
Match				

National League

	Date	Venue	Event	Performance
Match				
Match				
Match				
Match				

Open Meetings / Events

	Date	Venue	Event	Performance
Meet 1				
Meet 2				
Meet 3				
Meet 4				

Other Competitions

	Date	Venue	Event	Performance
Meet 1				
Meet 2				
Meet 3				
Meet 4				
Meet 5				

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Individual Competition Record

By using this record after each competition you may then be able to evaluate your season and plan new ways to improve.

Event	Date
Venue:	Time:
Conditions:	
What did I want from this competition:	
Result:	
What I did well:	
What I need to improve on:	
Actions/Comments:	
Coach's thoughts:	

1= Poor - 5= Excellent

Preparation (1-5):

Performance (1-5):

Recovery (1-5):

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