

Training and Session Log

Record what you actually did in each session, so progress over a block is something you can look at rather than something you try to remember.

A record of what you actually did in each session — the sets, the distances, the weights and how it felt — so progress is visible rather than remembered.

A RECORD, NOT A PROGRAMME

This sheet suggests no programme, no weights, no distances and no rest periods. It records what you did. What you should be doing comes from you or your coach, and nothing here is training or medical advice.

NameWeek or blockGoal for this blockEffort scale used

SESSIONS effort in whatever scale you named above

Date	Session	Exercise or activity	Sets	Reps or distance	Weight or pace	Rest	Effort	How it felt

Injuries, niggles and anything you changed