



WEEKLY TRAINING PLANNER

Need a trifle more motivation? Stick this up on your wall!

**WEEK BEGINNING
(DATE):**

Fill in the dates.
Make a note of each warm up,
warm down & exercise
periods. Include comments on
how you felt or what
worked well for you!
Remember to have rest days
too!

MONDAY

WARM UP:

MAIN EXERCISE:

WARM DOWN:

COMMENTS:

TUESDAY

WARM UP:

MAIN EXERCISE:

WARM DOWN:

COMMENTS:

WEDNESDAY

WARM UP:

MAIN EXERCISE:

WARM DOWN:

COMMENTS:

THURSDAY

WARM UP:

MAIN EXERCISE:

WARM DOWN:

COMMENTS:

FRIDAY

WARM UP:

MAIN EXERCISE:

WARM DOWN:

COMMENTS:

SATURDAY

WARM UP:

MAIN EXERCISE:

WARM DOWN:

COMMENTS:

SUNDAY

WARM UP:

MAIN EXERCISE:

WARM DOWN:

COMMENTS: