

Training Diary





uting Diany					
Breakfas	st		Supper		
Midmorning	Snack		Late Night Snack		
Lunch]	Drinks during training		
Midafternoon Snack			Drinks during day		
Trainving					
Workout:		Time	: :		
Duration:		Work	kout Rating		
		(scale of 1 is easy as			
Weather:		pie &	& 10 is I died):		
Route:		Note	es:		
Distance:					
Rating 1 repres	ents the bes	t condition a	and 7 rates the worst		
Sleep		Stress	Waking Pulse		
Fations		Soronoss			
Fatigue	:	Soreness	7		



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Duration:		Worl	cout Rating		
		(scale of 1 is easy as			
Weather:		pie d	(10 is I died)	•	
Route:		Note	s:		
Distance:					
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Fatigue		Soreness			



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Sleep		Stress	Waking Pulse		
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Fatigue		Soreness	٦		