Training Diary 2C.P5 and 2C.M3

|  |  |  |  |
| --- | --- | --- | --- |
| Date 04.11.13 | Time | Location  | Duration  |
| Type of training |
| Equipment neededDetail of warm up (three phases) |
| Aims and objectives |
| Session details: **See 2A.M2 sheet**Detail of cool down (three phases) |
| Working Heart Rate |  |
| BORG Scale |  |
| Recovery Heart Rate after exercise 1min  |  |
| Recovery Heart Rate after 5 minutes |  |
| SummaryDid I achieve my personal goals and objectives? How did I feel during and after the session? Did I work at the required intensity? How did I overcome any issues / problems?  |

Training Diary 2C.P5 and 2C.M3

|  |  |  |  |
| --- | --- | --- | --- |
| Date 11.11.13 | Time | Location  | Duration  |
| Type of training |
| Equipment neededDetail of warm up (three phases) |
| Aims and objectives |
| Session details: **See 2A.M2 sheet**Detail of cool down (three phases) |
| Working Heart Rate |  |
| BORG Scale |  |
| Recovery Heart Rate after exercise 1min  |  |
| Recovery Heart Rate after 5 minutes |  |
| SummaryDid I achieve my personal goals and objectives? How did I feel during and after the session? Did I work at the required intensity? How did I overcome any issues / problems?  |

Training Diary 2C.P5 and 2C.M3

|  |  |  |  |
| --- | --- | --- | --- |
| Date 18.11.13 | Time | Location  | Duration  |
| Type of training |
| Equipment neededDetail of warm up (three phases) |
| Aims and objectives |
| Session details: **See 2A.M2 sheet**Detail of cool down (three phases) |
| Working Heart Rate |  |
| BORG Scale |  |
| Recovery Heart Rate after exercise 1min  |  |
| Recovery Heart Rate after 5 minutes |  |
| SummaryDid I achieve my personal goals and objectives? How did I feel during and after the session? Did I work at the required intensity? How did I overcome any issues / problems?  |

Training Diary 2C.P5 and 2C.M3

|  |  |  |  |
| --- | --- | --- | --- |
| Date 20.11.13 | Time | Location  | Duration  |
| Type of training |
| Equipment neededDetail of warm up (three phases) |
| Aims and objectives |
| Session details: **See 2A.M2 sheet**Detail of cool down (three phases) |
| Working Heart Rate |  |
| BORG Scale |  |
| Recovery Heart Rate after exercise 1min  |  |
| Recovery Heart Rate after 5 minutes |  |
| SummaryDid I achieve my personal goals and objectives? How did I feel during and after the session? Did I work at the required intensity? How did I overcome any issues / problems?  |

Training Diary 2C.P5 and 2C.M3

|  |  |  |  |
| --- | --- | --- | --- |
| Date 25.11.13 | Time | Location  | Duration  |
| Type of training |
| Equipment neededDetail of warm up (three phases) |
| Aims and objectives |
| Session details: **See 2A.M2 sheet**Detail of cool down (three phases) |
| Working Heart Rate |  |
| BORG Scale |  |
| Recovery Heart Rate after exercise 1min  |  |
| Recovery Heart Rate after 5 minutes |  |
| SummaryDid I achieve my personal goals and objectives? How did I feel during and after the session? Did I work at the required intensity? How did I overcome any issues / problems?  |

Training Diary 2C.P5 and 2C.M3

|  |  |  |  |
| --- | --- | --- | --- |
| Date 29.11.13 | Time | Location  | Duration  |
| Type of training |
| Equipment neededDetail of warm up (three phases) |
| Aims and objectives |
| Session details: **See 2A.M2 sheet**Detail of cool down (three phases) |
| Working Heart Rate |  |
| BORG Scale |  |
| Recovery Heart Rate after exercise 1min  |  |
| Recovery Heart Rate after 5 minutes |  |
| SummaryDid I achieve my personal goals and objectives? How did I feel during and after the session? Did I work at the required intensity? How did I overcome any issues / problems?  |

Training Diary 2C.P5 and 2C.M3

|  |  |  |  |
| --- | --- | --- | --- |
| Date 02.12.13 | Time | Location  | Duration  |
| Type of training |
| Equipment neededDetail of warm up (three phases) |
| Aims and objectives |
| Session details: **See 2A.M2 sheet**Detail of cool down (three phases) |
| Working Heart Rate |  |
| BORG Scale |  |
| Recovery Heart Rate after exercise 1min  |  |
| Recovery Heart Rate after 5 minutes |  |
| SummaryDid I achieve my personal goals and objectives? How did I feel during and after the session? Did I work at the required intensity? How did I overcome any issues / problems?  |

Training Diary 2C.P5 and 2C.M3

|  |  |  |  |
| --- | --- | --- | --- |
| Date 11.12.13 | Time | Location  | Duration  |
| Type of training |
| Equipment neededDetail of warm up (three phases) |
| Aims and objectives |
| Session details: **See 2A.M2 sheet**Detail of cool down (three phases) |
| Working Heart Rate |  |
| BORG Scale |  |
| Recovery Heart Rate after exercise 1min  |  |
| Recovery Heart Rate after 5 minutes |  |
| SummaryDid I achieve my personal goals and objectives? How did I feel during and after the session? Did I work at the required intensity? How did I overcome any issues / problems?  |

Training Diary 2C.P5 and 2C.M3

|  |  |  |  |
| --- | --- | --- | --- |
| Date 13.12.13 | Time | Location  | Duration  |
| Type of training |
| Equipment neededDetail of warm up (three phases) |
| Aims and objectives |
| Session details: **See 2A.M2 sheet**Detail of cool down (three phases) |
| Working Heart Rate |  |
| BORG Scale |  |
| Recovery Heart Rate after exercise 1min  |  |
| Recovery Heart Rate after 5 minutes |  |
| SummaryDid I achieve my personal goals and objectives? How did I feel during and after the session? Did I work at the required intensity? How did I overcome any issues / problems?  |