Training Diary 2C.P5 and 2C.M3

|  |  |  |  |
| --- | --- | --- | --- |
| Date 04.11.13 | Time | Location | Duration |
| Type of training | | | |
| Equipment needed  Detail 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 | |  | |
| Summary  Did 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 needed  Detail 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 | |  | |
| Summary  Did 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 needed  Detail 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 | |  | |
| Summary  Did 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 needed  Detail 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 | |  | |
| Summary  Did 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 needed  Detail 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 | |  | |
| Summary  Did 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 needed  Detail 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 | |  | |
| Summary  Did 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 needed  Detail 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 | |  | |
| Summary  Did 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 needed  Detail 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 | |  | |
| Summary  Did 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 needed  Detail 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 | |  | |
| Summary  Did 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? | | | |