

Weekly Training Log

Week number: _____ Starting Date: _____

	Session Type (enter time spent)								Intensity	Activity	Resting Pulse	Notes
	Warm up	Distance	Intervals	Uphill Intervals	Speed	Race / Pace	General Strength	Specific Strength				
Mon												
Tue												
Wed												
Thu												
Fri												
Sat												
Sun												
Week Total												

Intervals & Uphill Intervals: Record the elapsed time between the start of the first and end of the last intervals, including rest time between intervals.

Warm-up, warm-down for interval, race/pace, and strength sessions: If 30 minutes or longer, record under "Distance" instead of the "Warm-Up" column.

Activity: Ski-skate, ski-classic, rollerski-skate, rollerski-classic, run, bike, ski walk, moosehufs, kayak, etc...

Intensity: Zone 1 "I can talk and tell stories easily with my training partner during the session."
 Zone 2 "I can talk, but I have to catch my breath every sentence or two."
 Zone 3 "I can think clearly, but I can't talk much."
 Zone 4 "No talk, need to focus."
 Zone 5 "30 seconds to two minutes of hell..."