

Daily Training Log

Date: _____ Coach: _____ Distance: _____

Mental Training – How are you implementing the lesson for this week today:

Personal Goal for session or each set:

Dry Land:

Warm Up:

Training Sets:

Cool Down:

Rate the session (1 = very bad; 5 = very good)	1	2	3	4	5
How did you feel during this set?	1	2	3	4	5
How do you rate the set?	1	2	3	4	5
How much effort did you put into the set?	1	2	3	4	5
How do you feel after the set?	1	2	3	4	5

Goal for the next session:
