Athletics Training Program Diary

Date:

Session: Session Length:

Energy System Trained today:

Component of Fitness Trained today:

Training Methods Utilised: (eg plyometric, interval, circuit, resistance, continuous, fartlek, skill, etc)

Warm Up: Time:

Body of Session: Time:
(include HR, no. of sets, no. of repetitions, W-R ratio, RM’S, weight used, etc)

Cool Down: Time:

Evaluation of Session:

- Principles of Training Employed eg progressive overload, frequency, intensity, duration, specificity, variety, avoiding detraining, diminishing returns, measurable progress, etc)
- Was the Session Effective? Why/Why Not?
- Recommendations
- Etc