

CALDER CANNONS 2010/2011 SUMMER TRAINING BOOKLET



“Be your best at *every*
session”

Name: _____



A MESSAGE FROM THE HEAD COACH

Congratulations and well done on your pre-Christmas training sessions. These sessions have laid the foundation for your post Christmas five weeks of conditioning. This is a critical period of the program and while I acknowledge some will find it difficult to train on your own, if you follow the program as set out in this booklet, you will return on Friday 28 January 2011 in peak physical condition. When you return, you will be one week away from Boot Camp and two weeks away from our first practice match.

The program as devised by Damien Villarosa and Steve Forcone is thorough. I trust you find it enjoyable and fun. I strongly recommend you train with a partner, preferably with someone from Calder Cannons although this is not essential. The skills and kicking activities following this message will help you continue your improvement in your kicking and ball handling.

I urge you to commence every training session with the goal to be the best you can be. Prepare your body to perform at its best by ensuring you are adequately hydrated and have eaten sufficient amounts of nutritious food. Don't forget about your recovery from training sessions through eating and drinking within 15 minutes of finishing your session along with stretching and pool sessions.

If you have any questions during the five weeks or you sustain an injury, contact the appropriate people straight away. Our staff are there to help you be your best but cannot help unless they hear from you.

Finally, I'd like to wish you and your family a safe holiday period and a happy Christmas.

Regards,

Marty Allison

Head Coach

Calder Cannons F.C

Mobile: 0400227760

SKILLS (FROM THE HEAD COACH)

Please use the following skills to enhance progression over the break.

Kicking sets to be used over 15-20m at good speed.

If having trouble with one type of kick, continue with that kick before moving on to the next. Once at a good level move onto your non-preferred foot.

Drop Punt	
Torpedo	Instep Torpedo
Forward Spin	Banana
Snap	Drop Kick
Floater	Daicos
High Kick	Goggles – Drop Punts only x 10

KICKING ACTIVITIES:

Initial concentration needs to be on 'RELEASE' and 'IMPACT' of ball on kicking foot.

- | | | | |
|------------------|---|----|---|
| <u>"RELEASE"</u> | { | a. | Ball impact slightly under side of END of football. |
| | | b. | Firm foot- foot fully extended (hard and most stable platform). |
| <u>"IMPACT"</u> | | c. | Ball spins in a STRAIGHT and BACKWARD direction and straight. |

1. Grip work and ball handling – ball handling activities are designed to improve the control of the ball and spread the webbing of the hands.

Examples: Figures of eights, palming ball from one hand to another, through the legs etc. – **ALL** the ball movements should have the ball in the correct orientation for a drop punt kick.

2. Kick to self – 30 each leg- support leg must not move off spot:

Designed to develop control in support leg and improve ball guiding to foot.

3. Kick 20m off one step- 30 each leg- work on balancing leg:

Start in kicking position and advance only one step before kicking ball 20m. Designed to improve balance on support leg and guiding of the ball.

4. Triangle kick- three players-15m apart. Kick off 1 step and concentrate on landing on kicking foot - run to target partner:

Designed to kick when changing direction, landing on kicking leg and following kick. Players have to run to target (partner's cone) they must then run back to the cone they kicked from to receive the next kick.

5. Solo run X 4 over 40m. Player kicks to self and marks ball:

Designed to develop ball control to foot when on the run and develop the ability to "weight the kick" ala Gaelic Football skill.

6. Kicking into hoops, bins or handball target-various distances and depth perception work:

Designed to develop kicking control and weighting of kick.

7. Kicking off 1 step with balancing hand on post or fence – Encourages counterbalance, hand and ball guidance:

Designed to improve support ark balance position and improve guiding ball to foot. Also, isolates the critical point of the kick impact and allows players to "square up" on impact.

8. Kick at goal through two portable posts 2m apart and 20m away:

Designed to improve players' ability to square up the kick and run in a straighter line prior to impact.

9. Maintain straight run along a line off cones or markers or line drawn. Attempt to keep support leg on one side of the line:

Designed to minimize sideways running when kicking and allows the kicking leg to come through in a straight line.

10. Kick for distance hanging off support leg – encourages greater thigh use in kicking

Designed to recruit more upper leg, torso and buttocks movement to generate leg speed and therefore improve distance. Improve support leg strength and technique and focuses on the critical point of the kick impact and allows players to "square up" on impact.

11. Pole Kick – a ten metre pole is placed in the middle of a circle of players, each 15 meters away from the centre of the pole: Designed to improve accuracy.

12. Trajectory Kick – kick at target above ground from various distances

Similar to activity #6, but also encourages different types of kicking trajectories include flat, hard kicks and loopy, weighted kicks. E.g. kicking into basketball hoops, piercing gaps in walls, kicking flat under a ceiling.

HANDBALLING:

All players will need to be proficient handballers left and right hand. Step into your handball – feet are important, and then handball firmly at the target. Spin the ball backwards.

MARKING:

Any marking should be completed using straight arms (no bent elbows) and keeping feet firmly on the ground.

Your ball skills are the cornerstone to any player's game. Have fun enjoy your break.

PLEASE ENJOY YOUR HOLIDAYS, STAY SAFE AND

BE YOUR BEST.

STAFF CONTACTS OVER THE SUMMER BREAK

If at any stage you are unsure of *anything* regarding training during the summer break, or need clarification regarding any of the activities or format of this booklet, please contact staff! **There is no such thing as a stupid question!** Players who make the effort to ensure they are training and recovering properly will return in better condition, and give themselves a much better chance of being selected. Staff in each area:

STRENGTH AND CONDITIONING (FITNESS) STAFF

<i>Staff member</i>	<i>Role</i>	<i>Email</i>	<i>Contact phone</i>
Steve Forcone	Fitness Coach	steveforcone@gmail.com	0418 569 773
Damien Villarosa	Fitness Coach	damienvillarosa@yahoo.com.au	0414 372 234
Paul Bacash	Fitness Assistant & U16s Fitness Coach	pbacash@hotmail.com	0425 763 031
Natalie Grindal	Fitness Assistant	Natalie.grindal@optusnet.com.au	0404 990 148

MEDICAL STAFF

<i>Staff member</i>	<i>Role</i>	<i>Email</i>	<i>Contact phone</i>
David Bolzonello	Club Doctor	dbolzone@bigpond.net.au	9481 5744 (Work)
Paul Greco	Club Physio	greco8@hotmail.com	9435 1281 (Work)
Carla Pearson	Rehab Coordinator	Carla_pearson@hotmail.com	-

*These staff should be contacted under *any* circumstances of injury or illness. It is extremely important that any injuries sustained are immediately managed (see 'RICER' page later in booklet) and then properly diagnosed and treated, so that you can return to normal as soon as possible. Also, so that a Fitness staff member can prescribe you a specialized program to keep you on level with everyone else.

COACHING STAFF

<i>Staff member</i>	<i>Role</i>	<i>Email</i>	<i>Contact phone</i>
Marty Allison	Head Coach	martinallison@optusnet.com.au	0400 227 760
Damien Zanic	Assistant/Forwards Coach	Damien2526@iprimus.com.au	-
Graeme Burgen	Assistant/Backs Coach	gburgen@oxfordtech.net.au	-
Nick Bruton	Assistant/Talls Coach	Bruton81@yahoo.com	-
Andrew Jago	Assistant Coach	Andrew.jago@vu.edu.au	-

GENERAL STAFF

<i>Staff member</i>	<i>Role</i>	<i>Email</i>	<i>Contact phone</i>
Ian Kyte	Regional Manager	cannonsreg@sub.net.au	0419 521 449
Meg McArthur	Football Manager	cannons@sub.net.au	0437 250 331
Len Villani	Develop. Manager	cannonsdev@sub.net.au	0402 846 935

GENERAL POINTS TO REMEMBER

1. **Train 3-4 times per week:** 3 - 4/ week will produce a training effect. 2/week will produce a maintenance effect only with a gradual decrease in fitness
2. **Get used to monitoring your HEART RATE. When you train follow this chart:**

120 – 135bpm = NO training effect

155 – 200bpm = high intensity, POSITIVE training effect

3. **Run with others - it's much easier to push yourself when you train with others. ORGANISE TO MEET TEAM MATES.**
4. **It is preferable to train before 10.00am or after 5.00pm if it is hot and sunny. Avoid the heat.**
5. **Remember to KEEP HYDRATED. Check urine during the day and the next morning to see if it is clear in colour – if not, you need to drink more water.**
6. **Eat plenty of fruits, cereals and pasta. Avoid too much take away etc. Remember if you put on weight, you have to carry it around when you exercise.**
7. **Try to handle footballs whenever possible. Practice kicking/handballing on both sides of your body. Work on points given to you by coaches.**
8. **Run on softer surfaces:** Parks, Sand (beaches), Golf courses, tracks etc. **DO NOT RUN ON ROADS OR FOOTPATHS.**
9. **Continue with Core/Strength training**
10. **Make sure you have ONE DAY off per week.**

SKILLS SESSIONS GUIDELINES:

- Sessions should be mainly stationary in nature, with a **focus on precision rather than a huge volume**
- For kicking – do not exceed kicking distances of 40m, use both sides of the body, focus on drop punts, kick on the run only if running is *very* light
- For hand skills – handle several balls in as many different positions as possible (crouched, overhead juggling etc), work in groups to complete drills with multiple balls at speed (triangles, piggy in the middle etc)

RECOVERY FOLLOWING A SESSION – PROCESS TO FOLLOW

1. Immediately (within 15 minutes after finish) you should have a snack (eg: Up and Go + Fruit + Vegemite sandwich = 1 snack), then sports drink
2. At the same time completing your stretching and drink water
3. If possible following a hard run session, some form of recovery (i.e. pool) or ice within 1 hour + drink water
4. Following the above (within 2 hours after finish), consume a full meal with either sports drink or water
5. **If you are going drink alcohol (you should not be anyway) DO NOT until points 1-4 above have occurred (i.e. at least 2-3 hours following session)**
6. **SLEEP AT LEAST 8 HOURS ESPECIALLY ON TRAINING DAYS**

SUMMER TRAINING CALENDAR

December 2010

20 Monday U18 Training	21 Tuesday Core/strength	22 Wednesday U18 Training	23 Thursday Core/strength	24 Friday i) Core/strength ii) Skills	25 Saturday Continuous run	26 Sunday REST
27 Monday ACTIVE REST	28 Tuesday ACTIVE REST	29 Wednesday ACTIVE REST	30 Thursday ACTIVE REST	31 Friday REST		

January 2011

1 Saturday REST	2 Sunday ACTIVE REST					
3 Monday Continuous run	4 Tuesday i) Core/strength ii) Skills	5 Wednesday MAS Session @ 115%	6 Thursday ACTIVE REST	7 Friday i) Core/strength ii) Skills	8 Saturday i) Core/strength ii) Continuous run	9 Sunday ACTIVE REST
10 Monday Repeated Speed	11 Tuesday i) Core/strength ii) Skills	12 Wednesday Cross Training	13 Thursday i) Core/strength ii) Skills	14 Friday Fartlek	15 Saturday i) Core/strength ii) Skills	16 Sunday REST
17 Monday MAS Session @ 115%	18 Tuesday i) Core/strength ii) Skills	19 Wednesday Agility	20 Thursday i) Core/strength ii) Skills	21 Friday ACTIVE REST	22 Saturday MAS Session @ 120%	23 Sunday REST
24 Monday i) Core/strength ii) Skills	25 Tuesday Agility	26 Wednesday ACTIVE REST	27 Thursday i) Core/strength ii) Skills	28 Friday TRAINING RESUMES (testing)	29 Saturday ACTIVE REST	30 Sunday REST

* "REST" refers to complete rest for that day

* "ACTIVE REST" refers to resting but with light activity – eg. Walk the dog, relaxed swim, ride bike to friends house – anything where you are at least mobile (keeping your body moving)

ALSO COMPLETE STRETCHING SESSION AS OFTEN AS POSSIBLE! THAT IS EVERY SINGLE DAY IF POSSIBLE!

*Please note this stretching session has been created by James Veale of the AFL-AIS Academy.

CONDITIONING SESSIONS – REPEATED SPEED SESSIONS

Example Session 1:

WARM UP: jog 2 laps of the oval. Please then complete normal warm up activities: High Knees, Heel Flicks, Side to Side, Backwards running, Karioka, Stretch Lower Back + Leg Swings, Strides @ 70%, 80% & 90% * 2 (include cutting)

SESSION DETAILS: 10 * 20m, 8 * 40m, 6 * 60m strides @ > 90% with brisk walk/jog back recovery minutes rest between sets.

COOL-DOWN: jog 1 lap of oval + Perform main stretches for upper & lower body within pain free range

Example Session 2:

WARM UP: jog 2 laps of the oval. Please then complete normal warm up activities: High Knees, Heel Flicks, Side to Side, Backwards running, Karioka, Stretch Lower Back + Leg Swings, Strides @ 70%, 80% & 90% * 2 (include cutting)

SESSION DETAILS: 2 sets of 6 * 30m sprints @ 95-100% on the 30 seconds (eg. if it takes you 5 seconds to sprint the 30m you have 25 seconds recovery). 3 minutes break between sets.

COOL-DOWN: jog 2 laps of oval + Perform main stretches for upper & lower body within pain free range

CONDITIONING SESSIONS – FARTLEK SESSIONS

Example Session 1:

WARM UP: jog 2 laps of the oval. Please then complete normal warm up activities: High Knees, Heel Flicks, Side to Side, Backwards running, Karioka, Stretch Lower Back + Leg Swings, Strides @ 70%, 80% & 90% * 2 (include cutting)

SESSION DETAILS: 2 Sets of 10 minutes fartlek running (20 Second Jog @ 60%, 20 seconds stride @ 80-90%, 20 second slow walk. Repeat * 10). 4 minutes rest between sets

COOL DOWN: Jog 1 lap. Perform main stretches for upper & lower body within pain free range

Example Session 2:

WARM UP: jog 2 laps of the oval. Please then complete normal warm up activities: High Knees, Heel Flicks, Side to Side, Backwards running, Karioka, Stretch Lower Back + Leg Swings, Strides @ 70%, 80% & 90% * 2 (include cutting)

SESSION DETAILS: 2 Sets of 10 minutes fartlek running (30 seconds @ 80%, 30 seconds @ 50%). 4 minutes rest between sets

COOL DOWN: Perform main stretches for upper & lower body within pain free range

CONDITIONING SESSIONS – CONTINUOUS RUN SESSIONS

Example Session 4:

A continuous run should follow the following format, and you should try to run on *soft* surfaces whenever possible (grass, dirt tracks, sand etc):

WARM UP: As normal, but duration of only 5 minutes

SESSION DETAILS: Run at intensity of 65-70% for at least 20 minutes and no longer than 30 minutes. Recovery jogs should be at 55-60% intensity for no longer than 20 minutes.

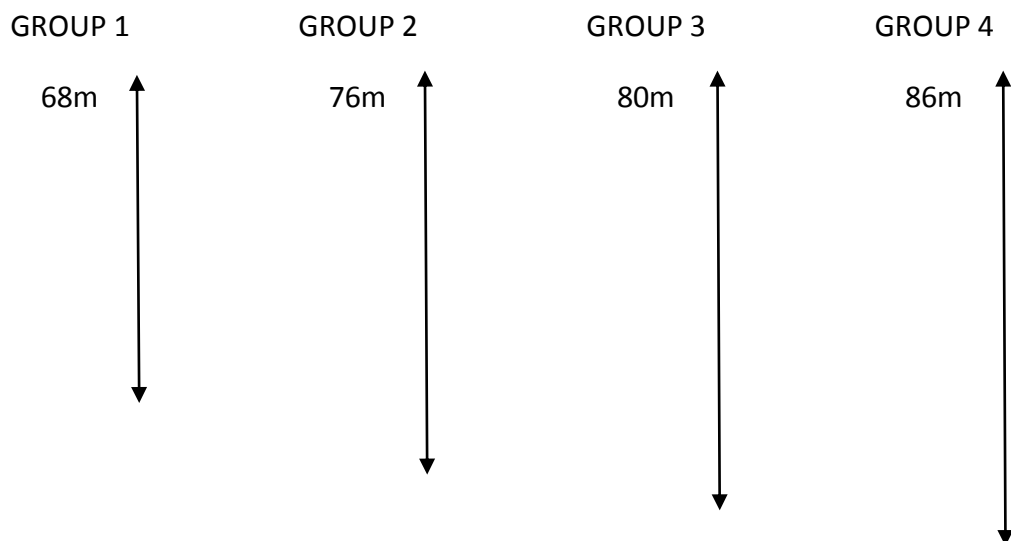
COOL DOWN: Walk for 5 minutes and perform stretches as normal.

CONDITIONING SESSIONS – MAXIMAL AEROBIC SPEED (MAS) SESSION

Based on the training we have done in the Pre-Christmas period. You will need to remember what group you were in (or progressed to):

GROUP	15 SEC DIST @ 115% MAS	15 SEC DIST @ 120% MAS
1	68.1M	71.6M
2	75.6M	79.5M
3	79.8M	83.8M
4	86M	90.3M

Sessions should be set up just as we have at training (see example below @ 115%):



Key points:

1. Sessions should use the format of 15 seconds of work (time to sprint from one end to the other) with 15 seconds of rest (at the end of each effort)
2. You should attempt to measure distance as accurately as possible (you could borrow a measuring wheel from school, or ask at a gym etc) by either measuring it properly, *or*, simply taking pacing steps that are approximately 1 metre
3. No more than 1 session per week
4. Sessions must be:
 - 2*8mins for 115% sessions
 - 2*6mins for 120% sessions
 - 4 minutes of rest between

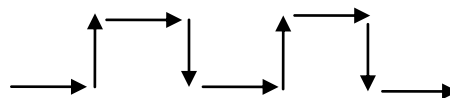
DO NOT UNDER ANY CIRCUMSTANCES GO OVER THIS AMOUNT FOR ANY MAS SESSION FOR ANY REASON UNLESS YOU HAVE CONSULTED STEVE.

CONDITIONING SESSIONS —AGILITY SESSIONS

Example Session 1 (AGILITY):

WARM UP: jog 2 laps of the oval. Please then complete normal warm up activities: High Knees, Heel Flicks, Side to Side, Backwards running, Karioka, Stretch Lower Back + Leg Swings, Strides @ 70%, 80% & 90% * 2 (include cutting)

SESSION DETAILS: 'In and Out Drill' (cones 5m apart) * 6 reps
(3 reps each direction).



1 minute rest between.

COOL-DOWN: jog 1 lap of oval + Perform main stretches for upper & lower body within pain free range

Example Session 2 (AGILITY):

WARM UP: jog 2 laps of the oval. Please then complete normal warm up activities: High Knees, Heel Flicks, Side to Side, Backwards running, Karioka, Stretch Lower Back + Leg Swings, Strides @ 70%, 80% & 90% * 2 (include cutting)

SESSION DETAILS: 'Bow tie drill; (cones 5m apart)
5 reps forward, 5 reps backward. 1 minute rest between.



COOL-DOWN: jog 2 laps of oval + Perform main stretches for upper & lower body within pain free range

***When doing an agility session you should combine both sessions 3 & 4 into ONE session (3 minute rest between drills)**

CONDITIONING SESSIONS — CROSS TRAINING SESSIONS

Example Session 1:

Please choose any cross training activity (eg. boxing, swimming, bike). Complete 45 minutes at 80% intensity. See Below for a Sample **Bike Session**.

WARM UP: 5 min easy

SESSIONS DETAILS: 8 x 2 min hard/1min easy, 8 x 1 min hard/30 sec easy

COOL DOWN: 5 min easy

TOTAL: 46 MINUTES

Example Session 2:

Please choose any cross training activity (eg. boxing, swimming, bike). Complete 45 minutes at 80% intensity. See Below for a Sample **Swimming Session**.

WARM UP: 100m of any stroke

SESSIONS DETAILS: 10*100m freestyle in 2 minutes or less, 60 seconds rest between reps.

COOL DOWN: 5 min easy

Email Steve for alternate swim sessions.

***For more examples of cross-training sessions particularly for players in rehab then email the Strength and Conditioning staff.**

WHAT TO DO IF YOU SUSTAIN AN INJURY OVER THE BREAK

In the unfortunate circumstance where you get injured over the break, it is our expectation that you contact one of the medical staff. Prior to this, you should employ immediate management of the injury via the RICER strategy on the next page. If for whatever reason that you can't directly communicate with a staff member, please continue your training (if possible) with the sessions below:

REHAB FOR LOWER LIMB INJURY ONLY

TO BE USED BY PLAYERS THAT DEVELOP A LOWER LIMB INJURY i.e.; hamstrings, groin, thigh, calf, ankle AND ARE UNABLE TO CONTINUE WITH TRAINING PROGRAMME:

1. OBTAIN A LEG BUOY FROM A POOL, i.e.: a figure 8 shaped float that is placed between thighs, squeeze with your legs to keep in place. It will enable you to work harder with your upper body without putting too much strain on your lower limb injury.
2. COMPLETE THIS SESSION EVERY SECOND DAY (or until advised otherwise).

POOL SESSION

WARM UP: 500M FREESTYLE CONTINUOUS WITH NO BREAK

SESSION DETAILS:

2 x 50m freestyle sprint (45 seconds walk recovery in between each repetition)

1 x 100m freestyle sprint (1 minute walk recovery in between each repetition)

1 x 200m freestyle sprint (1 minute walk recovery in between each repetition)

1 x 100m freestyle sprint (1 minute walk recovery in between each repetition)

2 x 50m freestyle sprint (45 seconds walk recovery in between each repetition)

COOL-DOWN: 3-5 minutes of walking in pool & Restretch all major muscle groups once breathing rate has dropped. (Email Fitness Staff for more pool or bike sessions)

REHAB FOR UPPER BODY INJURY ONLY FOR A PLAYER WITH AN UPPER BODY INJURY i.e.; shoulder, arm, chest. Aim to complete this every second day, for example 4 times in 8 days.

BIKE SESSIONS

Example 1:	Example 2:
WARM UP: 5 MIN EASY 5 X 1 MIN HARD/ 5 X 30 SEC EASY 5 X 2 MIN HARD/ 5 X 1 MIN EASY 5 X 1 MIN HARD/5 X 30 SEC EASY COOL DOWN: 5 MIN EASY TOTAL: 40 MINUTES	WARM-UP: 5 min easy 6 X 2 MIN HARD/1MIN EASY 6 X 1 MIN EASY/30 SEC EASY COOL DOWN: 5 min easy TOTAL: 37 MINUTES



SMARTPLAY

Your guide to injury management

FIX UP



R

est

Place yourself in a comfortable position. Keep the injured area supported. Avoid using the injured area for at least 68–72 hours as continued activity will increase bleeding and damage.



I

ce

Apply ice to the injured area for 20 minutes, every two hours for the first 68–72 hours after injury. Ice reduces swelling, pain and bleeding. Ice can be used in the following ways:

- crushed or cubed ice in a wet towel or plastic bag
- frozen pea packet in wet towel
- cold pack wrapped in wet towel

Icy or cold water is better than nothing. **Caution:** Do not apply ice directly to skin.



C

ompression

Apply a firm wide elastic bandage over the injured area, as well as above and below. Where possible hold ice in place with the bandage. Between ice treatments maintain bandage compression. Applying a bandage will reduce bleeding and swelling and also provides support for the injured area.

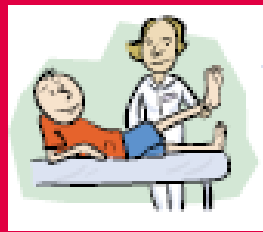
Caution: Ensure the bandage is not too tight. Some signs of the bandage being too tight may include numbness, tingling or skin becoming pale or blue. If these symptoms and/or signs develop remove the bandage and reapply again firmly but not as tightly.



E

levation

Raise the injured area above the level of the heart at all times. A pillow can be used to provide support and comfort. Elevating the injured area reduces bleeding, swelling and pain.



R

eferral

As soon as possible after injury arrange to see a qualified health professional such as a Doctor or Physiotherapist. This will determine the extent of your injury and provide advice on treatment and rehabilitation required.

Early and correct use of RICER and NO HARM factors is essential for the initial management of a soft tissue injury. RICER & NO HARM should be continued for 48–72 hours.

Sports Medicine Australia recommends that an accredited Sports Trainer is on duty during sporting events and activities.

TRAINING DIARIES

All players are required to fill in the training sessions that they completed in their training diaries (see back of booklet).

Each training session must be clearly written down, along with your RPE (see scale at back of booklet), Energy Level and Muscle Soreness ratings. A simple comment as to how you coped with the session is also required.

For example:

Session type: 4 x 600m @ 80% pace

RPE: 5 ENERGY LEVEL: 1 MUSCLE SORENESS: 2 Comment: Comfortable session, ran well.

The training diary is located towards the back of the training booklet and needs to be handed in on our first session back.

CONCLUSION

TRAINING SESSIONS:

All sessions need a warm-up and a cool-down. Follow the same routine as you have at every training session so far.

There are 3 main conditioning (fitness) sessions that need to be completed during the week. Make sure you stick to the program and have at least one day a week of complete rest. Continue on with your strength training program three times per week, and skills at least twice per week.

**ALSO COMPLETE STRETCHING SESSION AS OFTEN AS POSSIBLE! THAT IS
EVERY SINGLE DAY!**

If you have any questions please make use of the staff contact list.

Good luck and enjoy,

Steve Forcone

Email: steveforcone@gmail.com

Phone: 0418 569 773

RPE SCALE: How hard you rated your session	
0	Nothing at all
1	Very Light
2	Light
3	Moderate
4	Somewhat Heavy
5	Heavy
6	
7	Very Heavy
8	
9	Extremely Heavy - Almost Maximal
10	Maximal

CALDER CANNONS SUMMER TRAINING DIARY 2010/2011

Name: _____

Notes (i.e. injuries, holidays etc): _____

THURSDAY DEC 23RD TRAINING COMPLETED:

SESSION TYPE: _____

RPE: _____

ENERGY LEVEL: _____

MUSCLE SORENESS: _____

NOTES: _____

FRIDAY 24TH DEC TRAINING COMPLETED:

SESSION TYPE: _____

RPE: _____

ENERGY LEVEL: _____

MUSCLE SORENESS: _____

NOTES: _____

SATURDAY 25TH DEC TRAINING COMPLETED:

SESSION TYPE: _____

RPE: _____

ENERGY LEVEL: _____

MUSCLE SORENESS: _____

NOTES: _____

Active Rest Sunday 26th December 2010-Sunday 2nd January 2011

MONDAY 3RD JAN TRAINING COMPLETED:

SESSION TYPE: _____

RPE: _____

ENERGY LEVEL: _____

MUSCLE SORENESS: _____

NOTES: _____



TUESDAY 4TH JAN TRAINING COMPLETED:

SESSION TYPE: _____

RPE: _____

ENERGY LEVEL: _____

MUSCLE SORENESS: _____

NOTES: _____

WEDNESDAY 5TH JAN TRAINING COMPLETED:

SESSION TYPE: _____

RPE: _____

ENERGY LEVEL: _____

MUSCLE SORENESS: _____

NOTES: _____

THURSDAY 6TH JAN TRAINING COMPLETED:

SESSION TYPE: _____

RPE: _____

ENERGY LEVEL: _____

MUSCLE SORENESS: _____

NOTES: _____

FRIDAY 7TH JAN TRAINING COMPLETED:

SESSION TYPE: _____

RPE: _____

ENERGY LEVEL: _____

MUSCLE SORENESS: _____

NOTES: _____

SATURDAY 8TH JAN TRAINING COMPLETED:

SESSION TYPE: _____

RPE: _____

ENERGY LEVEL: _____

MUSCLE SORENESS: _____

NOTES: _____

SUNDAY 9TH JAN TRAINING COMPLETED:

SESSION TYPE: _____

RPE: _____

ENERGY LEVEL: _____

MUSCLE SORENESS: _____

NOTES: _____

MONDAY 10TH JAN TRAINING COMPLETED:

SESSION TYPE: _____

RPE: _____

ENERGY LEVEL: _____

MUSCLE SORENESS: _____

NOTES: _____

TUESDAY 11TH JAN TRAINING COMPLETED:

SESSION TYPE: _____

RPE: _____

ENERGY LEVEL: _____

MUSCLE SORENESS: _____

NOTES: _____

WEDNESDAY 12TH JAN TRAINING COMPLETED:

SESSION TYPE: _____

RPE: _____

ENERGY LEVEL: _____

MUSCLE SORENESS: _____

NOTES: _____

THURSDAY 13TH JAN TRAINING COMPLETED:

SESSION TYPE: _____

RPE: _____

ENERGY LEVEL: _____

MUSCLE SORENESS: _____

NOTES: _____

FRIDAY 14TH JAN TRAINING COMPLETED:

SESSION TYPE: _____

RPE: _____

ENERGY LEVEL: _____

MUSCLE SORENESS: _____

NOTES: _____

SATURDAY 15TH JAN TRAINING COMPLETED:

SESSION TYPE: _____

RPE: _____

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MUSCLE SORENESS: _____

NOTES: _____

SUNDAY 16TH JAN TRAINING COMPLETED:

SESSION TYPE: _____

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ENERGY LEVEL: _____

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MONDAY 17TH JAN TRAINING COMPLETED:

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TUESDAY 18TH JAN TRAINING COMPLETED:

SESSION TYPE: _____

RPE: _____

ENERGY LEVEL: _____

MUSCLE SORENESS: _____

NOTES: _____

WEDNESDAY 19TH JAN TRAINING COMPLETED:

SESSION TYPE: _____

RPE: _____

ENERGY LEVEL: _____

MUSCLE SORENESS: _____

NOTES: _____

THURSDAY 20TH JAN TRAINING COMPLETED:

SESSION TYPE: _____

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ENERGY LEVEL: _____

MUSCLE SORENESS: _____

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FRIDAY 21ST JAN TRAINING COMPLETED:

SESSION TYPE: _____

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MUSCLE SORENESS: _____

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SATURDAY 22ND JAN TRAINING COMPLETED:

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SUNDAY 23RD JAN TRAINING COMPLETED:

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MONDAY 24TH JAN TRAINING COMPLETED:

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TUESDAY 25TH JAN TRAINING COMPLETED:

SESSION TYPE: _____

RPE: _____

ENERGY LEVEL: _____

MUSCLE SORENESS: _____

NOTES: _____

WEDNESDAY 26TH JAN TRAINING COMPLETED:

SESSION TYPE: _____

RPE: _____

ENERGY LEVEL: _____

MUSCLE SORENESS: _____

NOTES: _____

THURSDAY 27TH JAN TRAINING COMPLETED:

SESSION TYPE: _____

RPE: _____

ENERGY LEVEL: _____

MUSCLE SORENESS: _____

NOTES: _____