

TRAINING PHASE:			
WEEK BEGINNING:		WEEK NUMBER:	
DATE HEART RATE WEIGHT	PLANNED TRAINING	TIME OF DAY	ACTUAL TRAINING
MON			
TUES			
WED			
THURS			
FRI			

Space for all your regular sessions. There are Fifty two weeks of space. This represents two A5 sheets.

DATE HEART RATE WEIGHT	PLANNED TRAINING	TIME OF DAY	ACTUAL TRAINING				
SAT							
GENERAL COMMENTS FOR WEEK							
<a href="http://www.kineli.co.nz">www.kineli.co.nz</a>							
SUMMARY							
EVENT	TOTAL TIME OR DISTANCE	1	TIME 2	OR 3	DISTANCE 4	AND 5	LEVELS 6
SWIMMING							
BIKING							
RUNNING							
OTHERS (weights etc.)				<b>Total</b>	<b>Training</b>	<b>Time</b>	

## RACE RESULTS and COMMENTS

DATE	EVENT / DISTANCES	RESULT
SWIM		
BIKE		
RUN		
GENERAL		
DATE	EVENT / DISTANCES	RESULT
SWIM		
BIKE		
RUN		
GENERAL		

Plenty of space to write up your race results. This represents two A5 sheets.

## RACE RESULTS and COMMENTS

DATE	EVENT / DISTANCES	RESULT
GENERAL		
DATE	EVENT / DISTANCES	RESULT
SWIM		
BIKE		
RUN		
GENERAL		

