

TRAINING DIARY WEEKLY PLAN

Week Commencing	Weekly Target/s
Monday	Competition or Session & Targets/Performance Location and Weather: Rating and Comments : Food:
Tuesday	Competition or Session & Targets/Performance Location and Weather: Rating and Comments : Food:
Wednesday	Competition or Session & Targets/Performance Location and Weather: Rating and Comments : Food:
Thursday	Competition or Session & Targets/Performance Location and Weather: Rating and Comments : Food:

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Friday	<p>Competition or Session & Targets/Performance</p> <p>Location and Weather:</p> <p>Rating and Comments :</p> <p>Food:</p>
Saturday	<p>Competition or Session & Targets/Performance</p> <p>Location and Weather:</p> <p>Rating and Comments :</p> <p>Food:</p>
Sunday	<p>Competition or Session & Targets/Performance</p> <p>Location and Weather:</p> <p>Rating and Comments :</p> <p>Food:</p>