

Weekly Training Logbook Sheet

Week beginning Sunday

Normal / Light Week

Day	Strength	Aerobic	Combined session	Circuit training	Speed/Agility	Training Intensity	How did you feel?	Netball training	Netball matches	Other training	Notes
Sun						Light Moderate Hard					
Mon						Light Moderate Hard					
Tues						Light Moderate Hard					
Wed						Light Moderate Hard					
Thur						Light Moderate Hard					
Fri						Light Moderate Hard					
Sat						Light Moderate Hard					
Total sessions											

Example Sheet

Week beginning Sunday

Normal / Light Week

Day	Strength	Aerobic	Combined session	Circuit training	Speed/Agility	Training Intensity	How did you feel?	Netball training	Netball matches	Other training	Notes
Sun						Light Moderate Hard					Rest
Mon	Prog A1					Light Moderate Hard	OK			√	
Tues						Light Moderate Hard					School basketball practice
Wed		Run 20 mins				Light Moderate Hard	tired				
Thur						Light Moderate Hard		Swan			
Fri			15 min run + Prog B1			Light Moderate Hard	better than Weds!!			√	
Sat						Light Moderate Hard			Prem		
Total sessions	1	1	1					1	1	2	

