## **WEEKLY TRAINING DIARY**

| Training Goals: |                  |          |                |      |      |
|-----------------|------------------|----------|----------------|------|------|
| Date            |                  | Training | Time/Distance  | Sets | Reps |
|                 |                  | Training | Time/ Distance | 3613 | Keps |
|                 |                  |          |                |      |      |
|                 |                  |          |                |      |      |
| Though          | ht For The Day:  |          |                |      |      |
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|                 |                  |          |                |      |      |
| Date            |                  | Training | Time/Distance  | Sets | Reps |
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| Though          | ht For The Day:  |          |                |      |      |
|                 |                  |          |                |      |      |
| Date            |                  | Training | Time/Distance  | Sets | Reps |
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| Though          | ht For The Day:  |          |                |      |      |
|                 |                  |          |                |      |      |
| Date            |                  | Training | Time/Distance  | Sets | Pons |
|                 |                  | Training | Time/Distance  | 3613 | Reps |
|                 |                  |          |                |      |      |
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| Date            |                  | Training | Time/Distance  | Sets | Reps |
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