Thoughts on Training:

Ask yourself these questions....

☐ What training did I do?
☐ What was my goal today?
☐ Did I reach it?
☐ Yes? How?
☐ No? What needs work?
☐ How did I feel in training today?
☐ What made you feel this way?
  o If it was positive, how do I replicate it?
  o If it was a negative feeling, how do I change it?

Competitions Coming up:

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Goals for this training

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Goals for this week

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Goals for this month

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Goals for this Year

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“I am still learning.”

Michelangelo, age 87
Training Thoughts:

Training Type:
Phase:
Start Time: Finish Time: