



**HOCKEY
WAIRARAPA**

Player pathways Programme Training Diary

Name:

Short-term goal:

Long-term goal:

<u>Date and time</u>	<u>Exercise session and duration</u>	<u>Session rating</u>	<u>Session intensity</u> <i>(Out of 10)</i>	<u>Hours of sleep</u>	<u>Your attitude today</u>
<u>3.12.08</u>					

<u>4.12.08</u>					
<u>5.12.08</u>					
<u>6.12.08</u>					
<u>7.12.08</u>					
<u>8.12.08</u>					

<u>9.12.08</u>					
<u>10.12.08</u>					
<u>11.12.08</u>					
<u>12.12.08</u>					
<u>13.12.08</u>					

<u>14.12.0</u> <u>8</u>					
<u>15.12.0</u> <u>8</u>					
<u>16.12.</u> <u>08</u>					

Training hours completed for fortnight:

Nutrition:

Resting heart rate:

My body has been feeling:

I will improve my training in the next two weeks by:

Signed:

