

Daily Training Log

Date: _____ Coach: _____ Distance: _____

Mental Training Activity:

Personal Goal for session:

Dry Land:

Warm Up:

Main Set:

Cool Down:

Rate the session (1 = very bad; 5 = very good)	1	2	3	4	5
How did you feel during this set?					
How do you rate the set?					
How much effort did you put into the set?					

How do you feel after the set?

Goal for the next session: _____