

AWS - Daily Training Log (2 weeks)

Name _____ Age _____

Weeks _____ / _____ to _____ / _____											
Day	Description of Workout	Total	Levels (min.)					S-C	S.S.	G.C.	KM
		Min.	I	II	III	IV	V	Min.	Min.	Min.	KM
Mon.											
Tues.											
Wed.											
Thurs.											
Fri.											
Sat.											
Sun.											
TOTAL											
Mon.											
Tues.											
Wed.											
Thurs.											
Fri.											
Sat.											
Sun.											
TOTAL											
Comments:		Key: S-C Circuit, strength exercises S.S. Special strength-bounce, hill bounding, poling, etc. G.C. General condition-games, swim									