

# AWS - Weekly Heart Monitoring Log (graph)

Name \_\_\_\_\_ Age \_\_\_\_\_

Day	Week #							Week #							Week #							Day								
	HR	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6		7	1	2	3	4	5	6	7
40																													40	
42																														42
44																														44
46																														46
48																														48
50																														50
52																														52
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68																														68
70																														70
72																														72
74																														74
76																														76
78																														78
80																														80
82																														82
Sleep (hrs)																														
Weight (check every week)																														

## Weekly Minute Log

Wks #	Date	Rollerski		Foot		Strength				Others		Method				Races		Levels					Total Min.
		CL	SK	Run	w/ski	G.S.	SS-A	SS-L	ss/ski	Bike	Games	Cont.	Interv.	Speed	Race	Foot	R-ski	I	II	III	IV	V	
1																							
2																							
3																							
4																							
Total																							
Comments:											Key: w/ski Running with ski poles G.S. General conditioning, circuit, strength exercises SS-A, SS-L Special strength arms, legs bounding ss/ski Ski imitation with ski poles												