

**4-H CANSKI Training Log (xc skiing 2015-2016)**

Name \_\_\_\_\_

Week# 1

Dates \_\_\_\_\_

DAY	Resting Heartrate	Training Activity Description (What did you do?)	Duration of Training (How long in minutes?)	Intensity Level 1= easy talking pace 2=easy talking but need to catch breath now & then 3=can think clearly but not talk much 4=no talk, need to focus (intervals) 5=race pace	NOTES: How did I feel? How did it go? Weather/trail conditions?
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Notes about the week (health, sleep, other things going on, etc...):

4-H CANSKI Training Log

Name \_\_\_\_\_

Week# 2

Dates \_\_\_\_\_

DAY	Resting Heartrate	Training Activity Description (What did you do?)	Duration of Training (How long in minutes?)	Intensity Level 1= easy talking pace 2=easy talking but need to catch breath now & then 3=can think clearly but not talk much 4=no talk, need to focus (intervals) 5=race pace	NOTES: How did I feel? How did it go? Weather/trail conditions?
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Notes about the week (health, sleep, other things going on, etc...):

# 4-H CANSKI Training Log

Name \_\_\_\_\_

Week# 3

Dates \_\_\_\_\_

DAY	Resting Heartrate	Training Activity Description (What did you do?)	Duration of Training (How long in minutes?)	Intensity Level 1= easy talking pace 2=easy talking but need to catch breath now & then 3=can think clearly but not talk much 4=no talk, need to focus (intervals) 5=race pace	NOTES: How did I feel? How did it go? Weather/trail conditions?
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Notes about the week (health, sleep, other things going on, etc...):

### 4-H CANSKI Training Log

Name \_\_\_\_\_

Week# 4

Dates \_\_\_\_\_

DAY	Resting Heartrate	Training Activity Description (What did you do?)	Duration of Training (How long in minutes?)	Intensity Level 1= easy talking pace 2=easy talking but need to catch breath now & then 3=can think clearly but not talk much 4=no talk, need to focus (intervals) 5=race pace	NOTES: How did I feel? How did it go? Weather/trail conditions?
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Notes about the week (health, sleep, other things going on, etc...):

4-H CANSKI Training Log

Name \_\_\_\_\_

Week# 5

Dates \_\_\_\_\_

DAY	Resting Heartrate	Training Activity Description (What did you do?)	Duration of Training (How long in minutes?)	Intensity Level 1= easy talking pace 2=easy talking but need to catch breath now & then 3=can think clearly but not talk much 4=no talk, need to focus (intervals) 5=race pace	NOTES: How did I feel? How did it go? Weather/trail conditions?
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Notes about the week (health, sleep, other things going on, etc...):

### 4-H CANSKI Training Log

Name \_\_\_\_\_

Week# 6

Dates \_\_\_\_\_

DAY	Resting Heartrate	Training Activity Description (What did you do?)	Duration of Training (How long in minutes?)	Intensity Level 1= easy talking pace 2=easy talking but need to catch breath now & then 3=can think clearly but not talk much 4=no talk, need to focus (intervals) 5=race pace	NOTES: How did I feel? How did it go? Weather/trail conditions?
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Notes about the week (health, sleep, other things going on, etc...):

### 4-H CANSKI Training Log

Name \_\_\_\_\_

Week# 7

Dates \_\_\_\_\_

DAY	Resting Heartrate	Training Activity Description (What did you do?)	Duration of Training (How long in minutes?)	Intensity Level 1= easy talking pace 2=easy talking but need to catch breath now & then 3=can think clearly but not talk much 4=no talk, need to focus (intervals) 5=race pace	NOTES: How did I feel? How did it go? Weather/trail conditions?
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Notes about the week (health, sleep, other things going on, etc...):

### 4-H CANSKI Training Log

Name \_\_\_\_\_

Week# 8

Dates \_\_\_\_\_

DAY	Resting Heartrate	Training Activity Description (What did you do?)	Duration of Training (How long in minutes?)	Intensity Level 1= easy talking pace 2=easy talking but need to catch breath now & then 3=can think clearly but not talk much 4=no talk, need to focus (intervals) 5=race pace	NOTES: How did I feel? How did it go? Weather/trail conditions?
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Notes about the week (health, sleep, other things going on, etc...):



### 4-H CANSKI Training Log

Name \_\_\_\_\_

Week# 9

Dates \_\_\_\_\_

DAY	Resting Heartrate	Training Activity Description (What did you do?)	Duration of Training (How long in minutes?)	Intensity Level 1= easy talking pace 2=easy talking but need to catch breath now & then 3=can think clearly but not talk much 4=no talk, need to focus (intervals) 5=race pace	NOTES: How did I feel? How did it go? Weather/trail conditions?
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Notes about the week (health, sleep, other things going on, etc...):

### 4-H CANSKI Training Log

Name \_\_\_\_\_

Week# 10

Dates \_\_\_\_\_

DAY	Resting Heartrate	Training Activity Description (What did you do?)	Duration of Training (How long in minutes?)	Intensity Level 1= easy talking pace 2=easy talking but need to catch breath now & then 3=can think clearly but not talk much 4=no talk, need to focus (intervals) 5=race pace	NOTES: How did I feel? How did it go? Weather/trail conditions?
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Notes about the week (health, sleep, other things going on, etc...):