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| --- |
| AM TRAINING SESSION (delete/add as necessary) |
| Phase: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Sub-phase: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Training week: \_\_\_\_\_\_\_\_\_\_ Training day: \_\_\_\_\_\_\_\_\_\_\_Intended difficulty of training session:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Training objectives:  |
| Warm-up |
| Main body |
| Cool-down |
| General comments |

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| --- |
| PM TRAINING SESSION (delete/add as necessary) |
| Phase: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Sub-phase: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Training week: \_\_\_\_\_\_\_\_\_\_ Training day: \_\_\_\_\_\_\_\_\_\_\_Intended difficulty of training session:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Training objectives:  |
| Warm-up |
| Main body |
| Cool-down |
| General comments |

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| --- | --- |
| Overtraining factor | Monitoring  |
| Health | General comment |  |
| Sleep quality | No sleep / Very poor / Normal / Very good |
| Mood | Anger / Tension / Depression / Vigour / Fatigue / Confusion / Happy / Calm |
| Resting HR | Time of day (preferably upon waking); \_\_\_\_\_\_\_\_\_\_ HR score (bpm): \_\_\_\_\_\_\_\_\_\_ |
| Body mass | Time Taken (preferably upon waking): \_\_\_\_\_\_\_\_\_ Score: \_\_\_\_\_\_\_\_\_\_\_ |
| Physical | General comment |  |
| Sense of overall fatigue | None / Barely detectable / Weak / Moderate / Strong / Very Strong / Strongest imaginable |
| Sense of overall muscle soreness | None / Barely detectable / Weak / Moderate / Strong / Very Strong / Strongest imaginable |
| Nutrition | General comment |  |
| Appetite  | No appetite / Below normal / Normal / Above normal |

