My 4 week training plan.

Having a plan in your head is all well and good. But things in our head can often be very “fuzzy”. Ideas, plans, goals, targets etc have a nasty habit of evolving from one thing to another.

We cut a corner here and there. Or we forget the training session we missed because the bed was just soooo lovely and cozy! Or after a few days, we remember that very average training session as an awesome, brutal sweat session where we truly rocked!

In short, we lie to ourselves.

So print out this document, answer the questions below and fill in your plan for the next 4 weeks.

What is your number 1 goal for the next 4 weeks?

eg “training consistently”, “Building strength/fitness foundation”, “learn new technique” etc.

_____

_____

What are the key things you need to ***do*** to achieve your goal?

_____

_____

What work/life events can prevent you from achieving your goal?

_____

_____

Training goal: Example general training plan.

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Week 1 Date:	S & T 1.		C 3.		S & M 2.		R
Week 2 Date:	C & T 1.		S 3.		C & M 2.		R
Week 3 Date:	S & T 1.		C 3.		S & M 2.		R
Week 4: Date:	C & T 1.		S 3.		C & M 2.		R

Key:	Training type: S = Strength C = Conditioning/c.v. T = Technique/skills M = Mobilisation/flexibility R = Rest day	Intensity: 1 = light/easy 2 = medium/average 3 = heavy/hard	Rees Fitness Fitness & Strength Coaching www.ReesFitness.co.uk

Training goal:_____

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Week 1 Date:							
Week 2 Date:							
Week 3 Date:							
Week 4: Date:							

Key:	**Training type:** S = Strength C = Conditioning/c.v. T = Technique/skills M = Mobilisation/flexibility R = Rest day	**Intensity:** 1 = light/easy 2 = medium/average 3 = heavy/hard	Rees Fitness Fitness & Strength Coaching www.ReesFitness.co.uk