

Weekly Action Plan

Use the following template to plan and track your weekly training based on your action plan. At the end of each day rate your area of focus. Summarise your week and add in any comments that you can discuss with your coach.

Monday

AREAS OF FOCUS:

ACTIVITY:

RATING:

e.g. Physical: Improving agility

Ladder work



Morning

Middle of Day

Evening

Comments for discussion:

Resting HR (BPM)* :

**Take when you first wake up. If heart rate is unusually over elevated discuss with trainer.*

Tuesday

AREAS OF FOCUS:

ACTIVITY:

RATING:

Morning



Middle of Day

Evening

Comments for discussion:

Resting HR (BPM)* :

**Take when you first wake up. If heart rate is unusually over elevated discuss with trainer.*

Weekly Action Plan

Wednesday

AREAS OF FOCUS:

ACTIVITY:

RATING:



Morning

Middle of Day

Evening

Comments for discussion:

Resting HR (BPM)* : _____

**Take when you first wake up. If heart rate is unusually over elevated discuss with trainer.*

Thursday

AREAS OF FOCUS:

ACTIVITY:

RATING:



Morning

Middle of Day

Evening

Comments for discussion:

Resting HR (BPM)* : _____

**Take when you first wake up. If heart rate is unusually over elevated discuss with trainer.*

Weekly Action Plan

Friday

AREAS OF FOCUS:

ACTIVITY:

RATING:



Morning

Middle of Day

Evening

Comments for discussion:

Resting HR (BPM)* :

**Take when you first wake up. If heart rate is unusually over elevated discuss with trainer.*

Saturday

AREAS OF FOCUS:

ACTIVITY:

RATING:



Morning

Middle of Day

Evening

Comments for discussion:

Resting HR (BPM)* :

**Take when you first wake up. If heart rate is unusually over elevated discuss with trainer.*

Weekly Action Plan

Sunday

AREAS OF FOCUS:

ACTIVITY:

RATING:



Morning

Middle of Day

Evening

Comments for discussion:

Resting HR (BPM)* : _____

**Take when you first wake up. If heart rate is unusually over elevated discuss with trainer.*

Week Summary

HIGHLIGHTS:

LOW-LIGHTS:

NOTES: