

PERFORMANCE LOG

ATHLETE: _____ MONTH: _____

DATE	ACTIVITY / DRILL	DURATION	INTENSITY (1-10)	RPE / HEART RATE	RECOVERY SCORE
Weekly Reflection / Benchmarks					

DATE	ACTIVITY / DRILL	DURATION	INTENSITY (1-10)	RPE / HEART RATE	RECOVERY SCORE
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TRAINING NOTES & INJURY PREVENTION