

HOME ATHLETICS TRAINING

ATHLETE: _____ WEEK OF: _____

TRAINING DRILL	M	T	W	T	F	S	S
Morning Flexibility / Stretch							
Core Strength (Planks/Sit-ups)							
Cardio (Run / Cycle / Jump)							
Skill Practice (Technical)							
Recovery / Hydration Goal							

WEEKLY GOAL

REWARD EARNED

Coach's Notes: Focus on consistent form and breathing techniques throughout the week.