

COMPETITIVE TRAINING LOG

Athlete Name:

Week Of:

TRAINING GOAL / DRILL	MON	TUE	WED	THU	FRI	SAT	SUN
-----------------------	-----	-----	-----	-----	-----	-----	-----

Technical Drill #1

Technical Drill #2

Conditioning / Speed

Mental Focus Practice

Milestone Reward (50% Goals)

Target:

Elite Reward (100% Goals)

Target:

Coach/Parent Feedback & Notes: