

Training Journal

| | MO | DI | MI | DO | FR | SA | SO |
|--------------------------------------|----|----|----|----|----|----|----|
| Kg | | | | | | | |
| Ruhepuls | | | | | | | |
| Schlaf | | | | | | | |
| Training | | | | | | | |
| Km/Zeit | | | | | | | |
| Anstrengung | | | | | | | |
| Workouts | | | | | | | |
| FOCUS | | | | | | | |
| FEEDBACK, AUFFÄLLIGES, ERFOLG | | | | | | | |
| Wochen KM/Zeit | | | | | | | |