

## Training Plan Worksheet

### 1. Your Goal

What are you training for?

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### 2. Target Date (Race Day / Goal Completion)

Date: \_\_\_\_\_

Event/Details: \_\_\_\_\_

### 3. Countdown to Race Day

How many weeks out are you?

Total Weeks: \_\_\_\_\_

#### Breakdown:

Weeks 12–9 (Base Phase): \_\_\_\_\_

Weeks 8–5 (Build Phase): \_\_\_\_\_

Weeks 4–2 (Peak Phase): \_\_\_\_\_

Week 1 (Taper): \_\_\_\_\_

#### Weekly Countdown Tracker

Week 12: \_\_\_\_\_

Week 11: \_\_\_\_\_

Week 10: \_\_\_\_\_

Week 9: \_\_\_\_\_

Week 8: \_\_\_\_\_

Week 7: \_\_\_\_\_

Week 6: \_\_\_\_\_

Week 5: \_\_\_\_\_

Week 4: \_\_\_\_\_

Week 3: \_\_\_\_\_

Week 2: \_\_\_\_\_

Week 1: \_\_\_\_\_

### 4. Daily Actions

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

### 5. Weekly Commitments

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

### 6. Monthly Focus

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

### 7. Progress Check

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## 8. Adjustments

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## 9. Reflection

What is working well?

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What needs to improve?

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