

Training diary

Calendar week

1

ID-number

0 0 1

Day		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Distance in km			18			3,7		
Time in minutes			110			15		
Type of training (Legend 1)			2			3		
Shoes (Brand)			Nike			Asics		
Shoes (Model)			Pegasus			Noosa 8		
Intensity RPE (Legend 2)			14			18		
Surface (in percent)	hard - streets / asphalt							
	hard - treadmill							
	hard - tartan					100		
	medium - gravel (crushed stones)		50					
	medium - gravel (fine)							
	soft - grass							
	soft - forest soil		50					
	other: specify							
	Flat		60			100		
	Uphill		20					
Downhill		20						
Before training	Stretching (yes / no)		no			yes		
	Quadriceps (thigh)					x		
	Hamstrings					x		
	Thigh outside					x		
	Thigh inside					x		
	Calf							
	Other: specify							
	Total time in minutes					2		
After training	Stretching (yes / no)		yes			yes		
	Quadriceps (thigh)		x			x		
	Hamstrings		x			x		
	Thigh outside					x		
	Thigh inside					x		
	Calf					x		
	Other: specify							
	Total time in minutes		1			5		
Have you felt any pain due to the training? (yes/no)			no			yes		
If yes, how much? (legend 3)						4		
Was your training affected by the pain? (yes/ no)						no		
Pain location	Frontside knee							
	Backside knee							
	Shank							
	Achilles tendon					x		
	Foot							
	Other							
When?	Before training							
	Only during training							
	During and after training							
	Only after training					x		

Total training this week

1

Kilometers: 21,7 km

Time 125 min



Other physical training/exercise

1.	Spinning	Time	45	min
2.	Strength training	Time	45	min
3.		Time		min
4.		Time		min
5.		Time		min

Comments (about pain, new shoes, sickness etc).

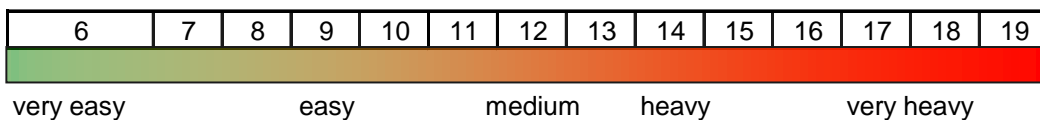
Legend 1

Type of training

- 1 slow running / recovery training
- 2 medium fast running
- 3 fast running
- 4 interval session
- 5 competition

Legend 2

Intensity



Legend 3

How much pain?

