

## www.gaelicperformance.com

## **Monthly Training Diary**

		M	T	W	Т	F	S	S	M	Т	W	Т	F	S	S	M	Т	W	Т	F	S	S	M	Т	W	T	F	S	S
Workload	V.Heavy	IVI	1	vv	1	1.	3	S	IVI	1	VV	1	1	S	S	IVI	1	VV	1	1	S	S	IVI	1	vv	1	H		
	Heavy																												
	Moderate																												
	V.Light																												
	Rest																												
	11050																												
Туре	GYM				ı		ı	ı					ı				ı		ı					ı					
	Team																												
	Skill																												
	Mental																												
	Match																												
	Recovery																												
	Recovery																												
How Did You Feel	Super																												
	Good																												
	Ok																												
	Tired																												
	V.Tired																												
Nutrition/ Hydration	V. Good																												
	Good																												
	Ok																												
	Bad																												
	V. Bad																												
Motivation	Good																												
	Ok																												
	Poor																												

<b>Monthly Goals</b>	Week 1	Week 2	Week 3	Week 4
1	1	1	1	1
2	2	2	2	2
3	3	3	3	3
4	4	4	4	4

Comments: