

Training time available for : \_\_\_\_\_

Date :

<i>Day</i>	<i>Normal</i>	<i>Maximum</i>
<b>Monday</b>		
<b>Tuesday</b>		
<b>Wednesday</b>		
<b>Thursday</b>		
<b>Friday</b>		
<b>Saturday</b>		
<b>Sunday</b>		

Current training (roughly!)

<i>Day</i>	<i>Normal</i>	<i>Maximum</i>
<b>Monday</b>		
<b>Tuesday</b>		
<b>Wednesday</b>		
<b>Thursday</b>		
<b>Friday</b>		
<b>Saturday</b>		
<b>Sunday</b>		