

Annual training planner

GradientPeak Coaching · Original printable planning workbook

Your season brief

Season dates: _____

Goal and why it matters: _____

Current repeatable training: _____

Life commitments and available time: _____

Priority events / milestones and dates: _____

Review checkpoints (date, decision, and support): _____

Per-sport development focus

Activity	Current strength / constraint	Development focus	Evidence / review cue
Swim			
Bike			
Run / walk			
Strength / mobility			

How the annual and weekly sheets connect

The blank calendar comes first, followed by a fictional example. Each covers 52 full weeks and an optional final partial week. Enter dates yourself. Add seven days per full row; use the final row for the remaining one or two days of your annual interval.

For the near-term week, copy the annual row's week number, phase, purpose and sport focus to the companion weekly training planner. Use it to place anchors, key sessions and recovery, then return its planned-versus-actual totals and one adjustment to this row. The PDF is for printing or annotation, not an interactive calculating form.

Record decimal hours for swim (S), bike (B), run/walk (R), strength (ST), and other (O). Add them manually for the planned total. Actual total stays separate. The example provides purposes, not prescribed training loads. Adjust phases and recovery to your circumstances. No catch-up training is required.

Conceptual reading: Joe Friel, *The Triathlete's Training Bible*, 5th edition, Chapter 7, "Planning a Season," and Chapter 8, "Planning a Week." Original educational resource; not individualized exercise or medical advice. It is not a reproduction of the book's worksheets, tables, layouts or workouts, and is not endorsed by the author or publisher.

Your annual calendar

Weeks 1–6 · Use current capacity, not available time alone, to choose training loads.

Week / start date	Life / event / phase	Main purpose	Planned hours by activity	Totals (hours)	Recovery / review / next change
1 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
2 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
3 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
4 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
5 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
6 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____

Blank means not yet planned; 0 means deliberately no training. Review weekly and revise rather than making up missed hours.

Your annual calendar

Weeks 7–12 · Use current capacity, not available time alone, to choose training loads.

Week / start date	Life / event / phase	Main purpose	Planned hours by activity	Totals (hours)	Recovery / review / next change
7 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
8 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
9 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
10 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
11 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
12 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____

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Your annual calendar

Weeks 13–18 · Use current capacity, not available time alone, to choose training loads.

Week / start date	Life / event / phase	Main purpose	Planned hours by activity	Totals (hours)	Recovery / review / next change
13 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
14 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
15 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
16 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
17 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
18 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____

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Your annual calendar

Weeks 19–24 · Use current capacity, not available time alone, to choose training loads.

Week / start date	Life / event / phase	Main purpose	Planned hours by activity	Totals (hours)	Recovery / review / next change
19 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
20 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
21 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
22 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
23 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
24 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____

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Your annual calendar

Weeks 25–30 · Use current capacity, not available time alone, to choose training loads.

Week / start date	Life / event / phase	Main purpose	Planned hours by activity	Totals (hours)	Recovery / review / next change
25 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
26 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
27 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
28 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
29 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
30 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____

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Your annual calendar

Weeks 31–36 · Use current capacity, not available time alone, to choose training loads.

Week / start date	Life / event / phase	Main purpose	Planned hours by activity	Totals (hours)	Recovery / review / next change
31 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
32 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
33 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
34 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
35 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
36 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____

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Your annual calendar

Weeks 37–42 · Use current capacity, not available time alone, to choose training loads.

Week / start date	Life / event / phase	Main purpose	Planned hours by activity	Totals (hours)	Recovery / review / next change
37 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
38 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
39 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
40 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
41 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
42 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____

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Your annual calendar

Weeks 43–48 · Use current capacity, not available time alone, to choose training loads.

Week / start date	Life / event / phase	Main purpose	Planned hours by activity	Totals (hours)	Recovery / review / next change
43 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
44 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
45 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
46 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
47 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
48 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____

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Your annual calendar

Weeks 49–53 · Use current capacity, not available time alone, to choose training loads.

Week / start date	Life / event / phase	Main purpose	Planned hours by activity	Totals (hours)	Recovery / review / next change
49 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
50 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
51 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
52 Date: _____ 7 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____
53 Date: _____ Optional 1–2 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____

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Example season

Weeks 1–6 · Fictional phase outline; set your own hours and recovery.

Week / start date	Life / event / phase	Main purpose	Planned hours by activity	Totals (hours)	Recovery / review / next change
1 Date: _____ 7 days	Settle in · Enter your actual commitments	Establish a repeatable routine	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
2 Date: _____ 7 days	Settle in · Enter your actual commitments	Establish a repeatable routine	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
3 Date: _____ 7 days	Settle in · Enter your actual commitments	Establish a repeatable routine	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
4 Date: _____ 7 days	Settle in · Enter your actual commitments	Establish a repeatable routine	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
5 Date: _____ 7 days	Foundation · Enter your actual commitments	Comfortable endurance and technique	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
6 Date: _____ 7 days	Foundation · Enter your actual commitments	Comfortable endurance and technique	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____

Blank means not yet planned; 0 means deliberately no training. Review weekly and revise rather than making up missed hours.

Example season

Weeks 7–12 · Fictional phase outline; set your own hours and recovery.

Week / start date	Life / event / phase	Main purpose	Planned hours by activity	Totals (hours)	Recovery / review / next change
7 Date: _____ 7 days	Foundation · Enter your actual commitments	Comfortable endurance and technique	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
8 Date: _____ 7 days	Foundation · Enter your actual commitments	Comfortable endurance and technique	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
9 Date: _____ 7 days	Foundation · Enter your actual commitments	Comfortable endurance and technique	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
10 Date: _____ 7 days	Foundation · Enter your actual commitments	Comfortable endurance and technique	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
11 Date: _____ 7 days	Foundation · Enter your actual commitments	Comfortable endurance and technique	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
12 Date: _____ 7 days	Foundation · Example holiday: adapt schedule	Comfortable endurance and technique	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____

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Example season

Weeks 13–18 · Fictional phase outline; set your own hours and recovery.

Week / start date	Life / event / phase	Main purpose	Planned hours by activity	Totals (hours)	Recovery / review / next change
13 Date: _____ 7 days	Foundation · Enter your actual commitments	Comfortable endurance and technique	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
14 Date: _____ 7 days	Foundation · Enter your actual commitments	Comfortable endurance and technique	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
15 Date: _____ 7 days	Foundation · Enter your actual commitments	Comfortable endurance and technique	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
16 Date: _____ 7 days	Foundation · Enter your actual commitments	Comfortable endurance and technique	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
17 Date: _____ 7 days	Event preparation · Enter your actual commitments	Practice relevant skills within current capacity	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
18 Date: _____ 7 days	Event preparation · Enter your actual commitments	Practice relevant skills within current capacity	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____

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Example season

Weeks 19–24 · Fictional phase outline; set your own hours and recovery.

Week / start date	Life / event / phase	Main purpose	Planned hours by activity	Totals (hours)	Recovery / review / next change
19 Date: _____ 7 days	Event preparation · Enter your actual commitments	Practice relevant skills within current capacity	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
20 Date: _____ 7 days	Event preparation · Enter your actual commitments	Practice relevant skills within current capacity	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
21 Date: _____ 7 days	Event preparation · Enter your actual commitments	Practice relevant skills within current capacity	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
22 Date: _____ 7 days	Event preparation · Enter your actual commitments	Practice relevant skills within current capacity	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
23 Date: _____ 7 days	Event preparation · Enter your actual commitments	Practice relevant skills within current capacity	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
24 Date: _____ 7 days	Freshen up · Enter your actual commitments	Individualize reduced load before event	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____

Blank means not yet planned; 0 means deliberately no training. Review weekly and revise rather than making up missed hours.

Example season

Weeks 25–30 · Fictional phase outline; set your own hours and recovery.

Week / start date	Life / event / phase	Main purpose	Planned hours by activity	Totals (hours)	Recovery / review / next change
25 Date: _____ 7 days	Freshen up · Enter your actual commitments	Individualize reduced load before event	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
26 Date: _____ 7 days	Example main event / primary · Event · Enter your actual commitments	Illustrative main event; not a required race	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
27 Date: _____ 7 days	Recover and review · Enter your actual commitments	Return according to recovery, not the calendar	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
28 Date: _____ 7 days	Recover and review · Enter your actual commitments	Return according to recovery, not the calendar	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
29 Date: _____ 7 days	Recover and review · Enter your actual commitments	Return according to recovery, not the calendar	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
30 Date: _____ 7 days	Recover and review · Enter your actual commitments	Return according to recovery, not the calendar	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____

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Example season

Weeks 31–36 · Fictional phase outline; set your own hours and recovery.

Week / start date	Life / event / phase	Main purpose	Planned hours by activity	Totals (hours)	Recovery / review / next change
31 Date: _____ 7 days	Rebuild routine · Enter your actual commitments	General fitness and enjoyable skills practice	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
32 Date: _____ 7 days	Rebuild routine · Enter your actual commitments	General fitness and enjoyable skills practice	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
33 Date: _____ 7 days	Rebuild routine · Enter your actual commitments	General fitness and enjoyable skills practice	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
34 Date: _____ 7 days	Rebuild routine · Enter your actual commitments	General fitness and enjoyable skills practice	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
35 Date: _____ 7 days	Rebuild routine · Enter your actual commitments	General fitness and enjoyable skills practice	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
36 Date: _____ 7 days	Rebuild routine · Enter your actual commitments	General fitness and enjoyable skills practice	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____

Blank means not yet planned; 0 means deliberately no training. Review weekly and revise rather than making up missed hours.

Example season

Weeks 37–42 · Fictional phase outline; set your own hours and recovery.

Week / start date	Life / event / phase	Main purpose	Planned hours by activity	Totals (hours)	Recovery / review / next change
37 Date: _____ 7 days	Rebuild routine · Enter your actual commitments	General fitness and enjoyable skills practice	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
38 Date: _____ 7 days	Rebuild routine · Enter your actual commitments	General fitness and enjoyable skills practice	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
39 Date: _____ 7 days	Rebuild routine · Enter your actual commitments	General fitness and enjoyable skills practice	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
40 Date: _____ 7 days	Rebuild routine · Enter your actual commitments	General fitness and enjoyable skills practice	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
41 Date: _____ 7 days	Rebuild routine · Enter your actual commitments	General fitness and enjoyable skills practice	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
42 Date: _____ 7 days	Rebuild routine · Enter your actual commitments	General fitness and enjoyable skills practice	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____

Blank means not yet planned; 0 means deliberately no training. Review weekly and revise rather than making up missed hours.

Example season

Weeks 43–48 · Fictional phase outline; set your own hours and recovery.

Week / start date	Life / event / phase	Main purpose	Planned hours by activity	Totals (hours)	Recovery / review / next change
43 Date: _____ 7 days	Consistency · Enter your actual commitments	Maintain a sustainable routine	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
44 Date: _____ 7 days	Consistency · Enter your actual commitments	Maintain a sustainable routine	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
45 Date: _____ 7 days	Consistency · Enter your actual commitments	Maintain a sustainable routine	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
46 Date: _____ 7 days	Consistency · Enter your actual commitments	Maintain a sustainable routine	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
47 Date: _____ 7 days	Consistency · Enter your actual commitments	Maintain a sustainable routine	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
48 Date: _____ 7 days	Consistency · Enter your actual commitments	Maintain a sustainable routine	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____

Blank means not yet planned; 0 means deliberately no training. Review weekly and revise rather than making up missed hours.

Example season

Weeks 49–53 · Fictional phase outline; set your own hours and recovery.

Week / start date	Life / event / phase	Main purpose	Planned hours by activity	Totals (hours)	Recovery / review / next change
49 Date: _____ 7 days	Reflect and reset · Enter your actual commitments	Review the season and plan the next one	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
50 Date: _____ 7 days	Reflect and reset · Enter your actual commitments	Review the season and plan the next one	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
51 Date: _____ 7 days	Reflect and reset · Enter your actual commitments	Review the season and plan the next one	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
52 Date: _____ 7 days	Reflect and reset · Enter your actual commitments	Review the season and plan the next one	S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	Plan rest; reduce sooner if needed _____ _____
53 Date: _____ Optional 1–2 days			S: ____ B: ____ R: ____ ST: ____ O: ____	Plan: ____ Actual: ____	_____ _____

Blank means not yet planned; 0 means deliberately no training. Review weekly and revise rather than making up missed hours.