

# Training and Recovery Diary

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Name: \_\_\_\_\_ Week commencing Monday / / \_\_\_\_\_ Rating: Complete ratings in the evening apart from sleep quality which should be completed in the morning.

Weekly goal:	Training phase	Scale:	Level of non-athletic stress for the week:	Notes:
_____	<input type="checkbox"/> Competition <input type="checkbox"/> Pre Competition <input type="checkbox"/> Preparation <input type="checkbox"/> Transition	5 Excellent 4 Good 3 OK 2 Not so good 1 Rubbish	5 4 3 2 1	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
Day 1 – Date: ____/____/____ Training quality: 5 4 3 2 1 Training Schedule: _____	<b>Recovery strategies:</b> _____ _____ _____	<b>Rating:</b> Appetite 5 4 3 2 1 Muscle soreness 5 4 3 2 1 Sleep quality 5 4 3 2 1 Motivation 5 4 3 2 1	<b>Hydration – Today’s drinks:</b> _____ _____ _____	<b>Notes:</b> _____ _____ _____
Day 2 – Date: ____/____/____ Training quality: 5 4 3 2 1 Training Schedule: _____	<b>Recovery strategies:</b> _____ _____ _____	<b>Rating:</b> Appetite 5 4 3 2 1 Muscle soreness 5 4 3 2 1 Sleep quality 5 4 3 2 1 Motivation 5 4 3 2 1	<b>Hydration – Today’s drinks:</b> _____ _____ _____	<b>Notes:</b> _____ _____ _____
Day 3 – Date: ____/____/____ Training quality: 5 4 3 2 1 Training Schedule: _____	<b>Recovery strategies:</b> _____ _____ _____	<b>Rating:</b> Appetite 5 4 3 2 1 Muscle soreness 5 4 3 2 1 Sleep quality 5 4 3 2 1 Motivation 5 4 3 2 1	<b>Hydration – Today’s drinks:</b> _____ _____ _____	<b>Notes:</b> _____ _____ _____
Day 4 – Date: ____/____/____ Training quality: 5 4 3 2 1 Training Schedule: _____	<b>Recovery strategies:</b> _____ _____ _____	<b>Rating:</b> Appetite 5 4 3 2 1 Muscle soreness 5 4 3 2 1 Sleep quality 5 4 3 2 1 Motivation 5 4 3 2 1	<b>Hydration – Today’s drinks:</b> _____ _____ _____	<b>Notes:</b> _____ _____ _____
Day 5 – Date: ____/____/____ Training quality: 5 4 3 2 1 Training Schedule: _____	<b>Recovery strategies:</b> _____ _____ _____	<b>Rating:</b> Appetite 5 4 3 2 1 Muscle soreness 5 4 3 2 1 Sleep quality 5 4 3 2 1 Motivation 5 4 3 2 1	<b>Hydration – Today’s drinks:</b> _____ _____ _____	<b>Notes:</b> _____ _____ _____
Day 6 – Date: ____/____/____ Training quality: 5 4 3 2 1 Training Schedule: _____	<b>Recovery strategies:</b> _____ _____ _____	<b>Rating:</b> Appetite 5 4 3 2 1 Muscle soreness 5 4 3 2 1 Sleep quality 5 4 3 2 1 Motivation 5 4 3 2 1	<b>Hydration – Today’s drinks:</b> _____ _____ _____	<b>Notes:</b> _____ _____ _____
Day 7 – Date: ____/____/____ Training quality: 5 4 3 2 1 Training Schedule: _____	<b>Recovery strategies:</b> _____ _____ _____	<b>Rating:</b> Appetite 5 4 3 2 1 Muscle soreness 5 4 3 2 1 Sleep quality 5 4 3 2 1 Motivation 5 4 3 2 1	<b>Hydration – Today’s drinks:</b> _____ _____ _____	<b>Notes:</b> _____ _____ _____