Weekly planner

Choose one main activity per day and note extra work. Blank days are fine. A different activity name does not automatically mean recovery.

Week beginning: _____

DAY	MAIN ACTIVITY	EXTRA WORK / SETUP NOTES
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Review before next week

What will you repeat, simplify, leave out or discuss with a coach?

Use your own choices: strength, comfortable mobility, coached skill practice, easy activity or rest. Count extra skill work alongside other loading. This sheet does not assess recovery or exercise suitability.