



NAME: _____

BC SQUAD TRAINING LOG

Year: _____

Month: _____

WEEK # _____

SUN. ____	MON. ____	TUES. ____	WED. ____	THURS. ____	FRI. ____	SAT. ____

INSTRUCTOR'S SIGNATURE _____

DATE: _____

WEEK # _____

SUN. ____	MON. ____	TUES. ____	WED. ____	THURS. ____	FRI. ____	SAT. ____

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TRAINING LOG INSTRUCTIONS

- The completion of the training log is an important part of one's athletic development.
- All athletes should fill out a training log.
- The coaching staff will consider this training log and other criteria in the final selection of the BC TEAM.
- This is a mini training cycle.
- Remember that overall this part of the year you need to focus on building your aerobic endurance, strength endurance, flexibility, motor skills, and basic skills. Because you have a major competition you need to cycle in relaxation, strategy, and goal-setting (for kumite athletes: timing drills).
- Work with your instructor on your training goals and competition goals. You need to be on the same page, working together to make the most of each class in relationship to your needs, as well as your dojo's needs and expectations.

TRAINING LOG INSTRUCTIONS CONTINUED

- STEP 1** Fill in all calendar dates.
- STEP 2** Fill in all your dojo training classes. After your class on that date, add a short description of what kind of training you did and length of your training.
- STEP 3** If you are a student, fill in the days that you have physical education classes. Make sure after you complete your class, fill in a short description of the type and length of training.
- STEP 4** Figure out where you can do some cross-training or supplemental karate or fitness training. Refer to the Team Handbook for minimum training requirements for your age. Add these training sessions in after you have completed them. Remember to give a brief description of your training and how long you trained.
- STEP 5** Allow for days of relaxation and rest. Add these days in especially after you have done strength training, aerobic endurance or before the upcoming competition.

Use this log to focus and plan your training and life activities to bring out the best in your athletic goals. Pre-plan your overall schedule focusing on being fully prepared for the upcoming Provincial Tournament. Do your aerobic endurance, strength endurance, flexibility, and improve your basic skills during the first 10 days of your schedule. Use the next 5 days to focus on speed-training, footwork and flexibility while maintaining your endurance, strength endurance and flexibility. Add in mental relaxation techniques and mental visualization drills at least once a day. Finally, during the last 5 days, practice your karate as if you are at a competition. Do your drills and skills with 100% effort and commitment, but only for short periods of time. Do not over-do your training. Focus on strategies (kumite athletes should also be focused on timing drills) and write down your goals and expectations for your next major event. Constantly do mental rehearsals, relaxations and visualization of competing at your very best. Make sure you have two full days of rest before your Provincial Tournament.