

Projected Weekly Schedule

Week: **Total Hours:** **Total Load:**

	Workout One	Workout Two	Notes
Mon			
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			

Weekly Training Log

Week: **Total Hours:** **Total Load:**

Other Weekly Notes:

	Workout One	Workout Two	Notes
Mon			
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			

Please note that this guide is for informational purposes only. Carly Wynn and CarlyOutside.com is not responsible for injuries or other ill-effects resultant from using the information provided.