

Week #	Cycle Focus			Remember to add school activities or stressors	Total minutes	790
	Date	Strength, Flexibility and Base Aerobic Capacity			Total hours	13.17
					MAX HRS 15	
Day	Workout Category	Sport	Activity	Workout description	Minutes of activity	Workouts this week
Monday	School					SC
	C6 LONG	XC	RUN	LONG RUN	75	SC
	C2	HOCKEY	PRACTICE	LOTS OF STUFF	50	SC
Tuesday	School	CHEMISTRY TEST				C6 Long
	SC	ROWING	WEIGHT ROOM	STRENGTH AND CONDITIONING	75	C6 Long
	C6 LONG	XC	RUN	LOG TRAIL RUN	75	C5/6
Wednesday	School					C5/6
	C1/2	HOCKEY	GAME	GAME	75	C3/4
						C1/2
Thursday	School					
	SC	ROWING	WEIGHT ROOM	STRENGTH AND CONDITIONING	75	
	C5/6	XC	RUN	HILL INTERVALS	75	
Friday	School	FRENCH ASSIGNMENT , ENGLISH ESSAY				
	C5/6	ROWING	ERG AREA	ERG WORKOUT	75	
Saturday						
	C1/2	ROWING	ERG AREA	WORKOUT - INTERVALS	75	
Sunday	C3/4	HOCKEY	PRACTICE	LONG PRACTICE	80	
	C5/6	SWIM	POOL	FUN SWIM WITH FAMILY	60	
Life/Workout NOTES				Strength and Conditioning must be 48h+ apart // Categories of <4 can not be beside SC. Check the RPE Scale for non-categorized activities in other sports		
"Balance is not something you find, it's something you create." - Jana Kingsford.						

RPE --> CAT
3-6--> C6/5
7-8-->C3/4
9-10 -->C1/2