

Week #	Cycle Focus			Remember to add school activities or stressors	Total minutes	0
	Date	Strength, Flexibility and Base Aerobic Capacity			Total hours	0.00
					MAX HRS 17	
Day	Workout Category	Sport	Activity	Workout description	Minutes of activity	Workouts this week
Monday	School					SC
						SC
						SC
Tuesday	School					C6 Long
						C6 Long
						C5/6
Wednesday	School					C5/6
						C3/4
						C1/2
Thursday	School					
Friday	School					
Saturday						
Sunday						
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