

pu

think



Athlete Diary Training

details

Sections in the diary

1. **Diary Overview**
2. **Planning / Goal Setting**
3. **Cycle Training Records
including Self Monitoring**
4. **Conditioning**
5. **Competition records**
6. **Personal Records**



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What needs **monitoring**?

- Training
- Response and adaptation
- Recovery
- Attitude
- Lifestyle stress
- Health & well being
- Sleep and nutrition
- Performance enhancement
- Self-defined measures



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Recording – the possibilities

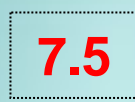
- **Plot** (Choice presented)

- Workload
- Fatigue Index 
- Quality index
- Mood Index

- **Flag** (with X if present)

- Competition 
- Travel
- Stress
- Health & Well being
- Performance enhancement

- **Record** (a number)

- Training time
- Sleep 
- Heart rate
- Body weight
- Fluid intake

- **Code** (from menu)

- Food
- Urine Colour 

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Complete

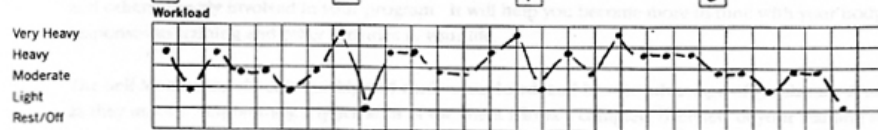
SELF MONITORING: Daily Record

RECORD™ © Dr P. Castle 2001



Day	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
Date	26	27	28	29	30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Week No	5							6							7						

Year: 2004
Month: Jan/Feb



Total/Average

Very Heavy	3
Heavy	9
Moderate	10
Light	4
Rest/Off	2

Training Time (minutes)

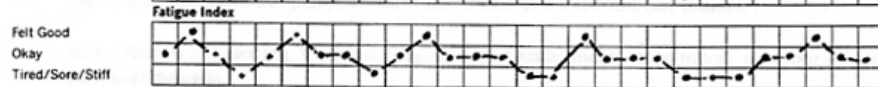
Sport Specific	60	30	40	60	30	-	60	90	-	45	80	30	60	40	70	-	45	40	50	50	60	-	30	45	-	30	45	-
Conditioning	30	-	40	-	40	30	-	-	-	30	-	30	-	-	30	30	20	-	45	-	-	45	-	-	50	30	-	-
Recovery	-	30	-	30	-	30	-	30	-	-	30	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Daily Total	90	60	80	90	70	60	60	120	-	75	110	60	90	40	100	60	65	40	95	50	90	45	30	45	60	60	45	-
Weekly Total	510							495							500							285						

Sport Specific	1090
Conditioning	430
Recovery	270
Daily Total	1790 / 64
Weekly Total	1790

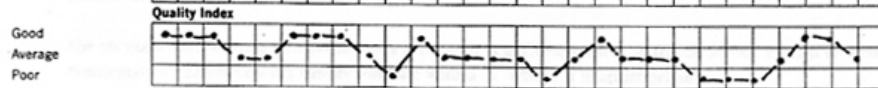
Competition & Travel

Competition								X																					
Travel													X																

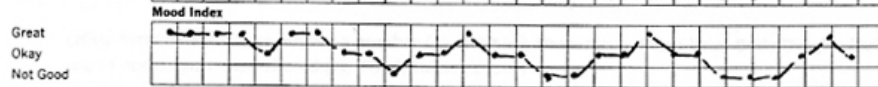
Competition	4
Travel	3



Felt Good	5
Okay	16
Tired/Sore/Stiff	7



Good	10
Average	12
Poor	5



Great	9
Okay	13
Not Good	6

Stress

Not Coping Well																														

Not Coping Well	5
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Health & Well Being

Sick (incl. Sore Throat)																													
Injured																													
Lethargic																													

Sick (incl. Sore Throat)	4
Injured	-
Lethargic	6

Sleep

Restless/Disturbed																													
Sleep (hours)	8 1/2	9	7 1/2	7	7 1/2	7	8	8 1/2	7	7	6 1/2	7 1/2	7	7	8	7	7	6 1/2	6 1/2	7	6 1/2	6 1/2	7	7 1/2	7	8	8 1/2	7 1/2	8

Restless/Disturbed	3
Sleep (hours)	207.5 / 7.4

Heart Rate & Weight

Heart Rate - rest (bpm)	51	50	51	49	48	50	49	-	50	51	-	52	50	51	49	51	52	-	51	53	-	55	54	53	52	52	49	49	
Body Weight (kgs)	64.5								64.5							64.1													

Heart Rate - rest (bpm)	50.9
Body Weight (kgs)	64.2

Food

Quantity	3	3	3	2	2	3	3	2	2	3	3	3	3	2	2	3	3	2	2	3	2	2	2	2	2	2	3	2	3	3	3	3
Quality	2	3	3	3	2	3	1	2	3	3	2	3	2	2	2	2	3	2	1	1	2	2	2	2	2	3	2	3	2	3	2	

Quantity	2.6
Quality	2.2

Hydration

Fluid Intake (litres)	3	3 1/2	4	4	3 1/2	5	4	4	4 1/2	4	3	2	2 1/2	2 1/2	3	2	2 1/2	3 1/2	4	4	3	5	4 1/2	2 1/2	3	4	4 1/2	3 1/2	3	3	3 1/2
Urine Colour	C	C	C	C	C	C	C	C	C	C	C	L	L	D	L	D	L	L	C	C	L	D	L	C	C	C	L	C	D		

Fluid Intake (litres)	97 / 3.5
Urine Colour	16C, 8L, 4D

Performance Enhancement

Weight Training	X	X	X																											
Massage																														
Stretch	X		X	X																										
Hydrotherapy	X																													
Treatment																														

Weight Training	11
Massage	2
Stretch	4
Hydrotherapy	4
Treatment	1D, 1P

Self-defined Measures

Medication																															
Menstrual Cycle	20	21	22	23	24	25	26	27	28	29	30	X	X	X	X																


Medication	4
Menstrual Cycle	-

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At 4 week cycle end

- Total **number of entries in the row** or the **sum of the numerical values** (e.g. training time)
- For some measures calculate an **average** (e.g. sleep hours, heart rate, body weight, fluid intake)
- **Trends apparent**
- **Transfer** totals to Annual Overview



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Discipline to complete a ten minute task each day...

Builds enhanced capacity to

Review

Account for

Diagnose

Plan

