SIX-WEEK TRAINING PROGRAM TEMPLATE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Planned:	Planned:	Planned:	Planned:	Planned:	Planned:	Planned:
	Actual:	Actual:	Actual:	Actual:	Actual:	Actual:	Actual:
Week 2	Planned:	Planned:	Planned:	Planned:	Planned:	Planned:	Planned:
	Actual:	Actual:	Actual:	Actual:	Actual:	Actual:	Actual:
Week 3	Planned:	Planned:	Planned:	Planned:	Planned:	Planned:	Planned:
	Actual:	Actual:	Actual:	Actual:	Actual:	Actual:	Actual:
Week 4	Planned:	Planned:	Planned:	Planned:	Planned:	Planned:	Planned:
	Actual:	Actual:	Actual:	Actual:	Actual:	Actual:	Actual:
Week 5	Planned:	Planned:	Planned:	Planned:	Planned:	Planned:	Planned:
	Actual:	Actual:	Actual:	Actual:	Actual:	Actual:	Actual:
Week 6	Planned:	Planned:	Planned:	Planned:	Planned:	Planned:	Planned:
	Actual:	Actual:	Actual:	Actual:	Actual:	Actual:	Actual: