



My Weekly Training Plan

Get really good at something you love. Practise using tables and adding amounts of time while you train.

You will need:

- Equipment for your chosen activity
- My Weekly Training Plan Table (page 2)

Is there something you'd like to get really good at, e.g. a sport, a hobby or something you do at school? Make your own **Weekly Training Plan**. If you can stick to it, you'll just get better and better and better!

What to do

1. Decide what to do in each training session. Check with an adult that your plan is safe and appropriate for your age.
2. Decide what days you would like to train on. Work out what your start and finish times for each day will be.
3. Write these times against the right days on the table on page 2.

My Weekly Training Plan Table

	Training times		Daily total (hours and minutes)
	Start	Finish	
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
TOTAL WEEKLY TRAINING:			

4. Work out how long you will be training each day.
5. Add together the daily totals to find out how long you plan to train each week.
6. After a week or two, see how your training plan is going:
 - Are you finding it easy or hard to stick to?
 - Can you see yourself getting better?
 - Do you want to change your training plan? Increase the amount of training time if you want to improve faster. Reduce the amount of training time if you are finding it hard to fit all your training in.

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