

How to Complete the Get Fit in 12 – Weeks Challenge Training diary

Record how your Actual Workout Went

Record how your workout actually went, in regard to target heart rates (HRR) actual weight lifted, calories burned, or distance covered.

Record your Comments

Reflect on your workout and provide some personal reflection. For a weights sessions you could note down things like: - 'felt strong, will need to move up to a heavier weight next session on Pec Dec and squats'. For a CV session you could record, 'rowed my furthest ever distance in 20 minutes so far at this HR, will look at upping speed for my next workout.' Your comments will act as pointers and guides to both yourself and ourselves as to how you have responded to the training plan.



If you don't wish to cut the magazine the diary pages can be photocopied or down loaded from our web site www.australianultra-fit.com

Date	Training Session	Actual Workout	Comment
Week 1			
	CV IT 3mins – 60-70% HRR, 2mins 50-60% HRR; 3-5 times		
	Weights 2x8 @ LW CV 10mins 60-70% HRR		
	CV IT 2x7mins HRR 60-70% 5mins 50-60% HRR		
	Weights 2x9 x LW CV 15mins 60%-70% HRR		
	Own Session		
Week 2			
	TEST Choose a piece of CV kit and see how far you can go in 10mins @ 60-70% HRR		
	Weights 2x11 @ LW CV 12mins 60-70% HRR		
	Weights 2x12 x LW CV 14mins 60-70% HRR		
	CV 16mins 60-70% HRR		
	Own session		
Week 3			
	CV IT 3mins 65-75% HRR 2mins 55-65% HRR; 5-7 times		
	Weights 3x8 @ LW CV 18mins 60-70% HRR		
	CV IT 2x8mins 65-75% HRR 5mins 50-60% HRR in between		
	Weights 3x10 @ LW CV 15mins 65-70% HRR		
	Own Session		
Week 4			
	CV IT 2mins 70-75% HRR 5/6 3mins 60-70%; 6-8 times		
	Weights 3x10 @ LW CV 15mins 65-75% HRR		
	CV 25mins 60-70% HRR		
	Weights 2x15 @ LW CV 18mins 65-75% HRR		
	Own session		

Training Plans and Diary



Date	Training Session	Actual Workout	Comment
Week 5			
	TEST Use the same piece of CV kit used in week 2 & see how far you can go in 15mins at 65-75% HRR		
	Weights 3x14 @ LW CV 15mins 65-75% HRR		
	CV 25mins 60-70% HRR		
	Weights 2x15 @ LW CV 15mins 65-75% HRR		
	Own session		
Week 6			
	CV IT 3mins 70-75% HRR 3mins 65-70% HRR in between 3-5 times		
	Weights 3x10 @ LW CV 18mins 65-75% HRR		
	CV 30mins 60-70% HRR		
	Weights 1x15 @ LW. CV 15mins 60-70% HRR. Weights 1x15 @ LW		
	Own session		
Week 7			
	CV IT 3mins 70-75 % HRR 3mins 60-70% HRR; 4-6 times		
	Weights 3x12 @ LW CV 15mins 70-75% HRR		
	CV 25mins 60-70% HRR		
	Weights 2x15 @ LW. CV 15mins 60-70% HRR. Weights 1x15 @ LW		
	Own session		
Week 8			
	CV IT 3mins 75-80 % HRR 3mins 60-70% HRR 5-7 times		
	Weights 3x14 @ LW CV 15mins 65-75% HRR		
	CV 30mins 60-70% HRR		
	Weights 2x8 @ MW CV 15mins 65-75% HRR		
	Own session		

Date	Training Session	Actual Workout	Comment
Week 9			
	CV IT 4mins 75-85% HRR 60-70% HRR in between 4-7 times		
	Weights 2x18 @ LW. CV 10mins 65-70% HRR Weights 1x18 @ LW		
	CV IT 2x15mins 70-75% HRR with 5mins 55-65% in between		
	Weights 2x12 @ LW followed by 2x8 @ MW		
	Own session		
Week 10			
	CV IT 3mins 80-85% HRR 3mins 60-70% HR; 3-5 times		
	Weights 2x18 @ LW. CV 10mins 70-75% HRR. Weights 2x10 @ LW		
	CV IT 3x10mins 70-75% HRR with 5mins 60-70% HR in between		
	Weights 2x12 @ LW. 3x6 @ MW		
	Own session		
Week 11			
	CV IT 3mins 80-85% HRR 2mins 65-70% HR; 3-5 times		
	Weights 2x8 @ LW. CV 15mins 70%-80% HRR Weights 1x18 @ LW		
	CV IT 2x15 mins 70-75% HRR with 6mins 65-70% HRR between		
	Weights 2 x 12 @ LW 2x8 @ MW		
	Own session		
Week 12			
	CV IT 3x7mins 80-85% with 5mins 60-70% HRR in between		
	Weights 2x20 @ LW CV 10mins 70-80%. Weights 1x20 @ LW		
	CV IT 2x10mins 70-80% HRR with 6mins 55-65% HRR in between		
	TEST Use the same piece of CV kit you used in week 5 and see how far you can go in 15mins at 75-85% HRR		
	Own session		