

Training Diaries

from

KinEli Publishing

Internal pages layout samples

Hi folks,

check out the pages in this pdf file to see how our diaries are laid out.

All the diaries have a similar (but they are different) set up based around the 52 pages of training weeks, preceded by extra pages for summaries, race results, goals etc.

On the first few pages of this file you can see how the initial pages of The Triathlon Dairy are set out. The weekly pages of all our diaries are shown.

To order click the buy now button on the page you came from or go to

<http://www.kinelipublishing.com/trainingdiaries.html>

Regards and best wishes

Ken Maclaren @ KinEli Publishing

Weekly page layout samples

[The Triathlon Dairy Weekly Page Layout](#)

[The Runner's Training Dairy Weekly Page Layout](#)

[The Cyclists's Training Dairy Weekly Page Layout](#)

[The Duathlon Training Dairy Weekly Page Layout](#)

[The Fitness and Exercise Dairy Weekly Page Layout](#)

[The Multisport Training Dairy Weekly Page Layout](#)

[The Rower's Training Dairy Weekly Page Layout](#)

[The Waka Ama Training Dairy Weekly Page Layout](#)

Hello,

Whatever sport you are involved in, a training diary can be one of your most valuable training tools. In purchasing this diary you are on your way to being able to keep an accurate record of the training and racing that you do.

However there is one catch, you have to fill it in. So get into the habit of doing just that, then this diary will really be of use!

The diaries start off with a first page like this.
Remember the diaries are A5 in size so each sheet
in this document represents two pages of the diary.

best wishes, enjoy your sport,

Ken Maclaren

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Ken Maclaren, *KinEli* PUBLISHING

NAME:
ADDRESS:
TEL:

Designed and produced by:

***KinEli* PUBLISHING**

Weekly Training Charts

Wk No.& Date	Swim	Bike	Run	Others (weights etc.)	Total
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					

Wk No.& Date	Swim	Bike	Run	Others (weights etc.)	Total
26					
27					
28					
29					
30					
31					
32					
33					
34					
35					
36					
37					
38					
39					
40					
41					
42					
43					
44					
45					
46					
47					
48					
49					
50					
51					
52					

The Triathlon Training Diary Sample
 Before the weekly diary pages there are several pages of
 space for summaries, race results etc.

TRAINING PHASE:			
WEEK BEGINNING:		WEEK NUMBER:	
DATE HEART RATE WEIGHT	PLANNED TRAINING	TIME OF DAY	ACTUAL TRAINING
MON			
TUES			
WED			
THURS			
FRI			

DATE HEART RATE WEIGHT	PLANNED TRAINING	TIME OF DAY	ACTUAL TRAINING				
SAT							
GENERAL COMMENTS FOR WEEK							
www.kineli.co.nz							
SUMMARY							
EVENT	TOTAL TIME OR DISTANCE	1	TIME 2	OR 3	DISTANCE 4	AND 5	LEVELS 6
SWIMMING							
BIKING							
RUNNING							
OTHERS (weights etc.)				Total	Training	Time	

The Triathlon Training Diary Sample
 This is how the weekly pages of the Triathlon Training Dairy look. The week by week pages of the other diaries are shown on the following pages.

TRAINING PHASE:			
WEEK BEGINNING:		WEEK NUMBER:	
DAY, DATE, MORNING HEART RATE, WEIGHT,	PLANNED TRAINING	TIME OF DAY	ACTUAL TRAINING
MON			
TUES			
WED			
THURS			
FRI			

The Runner's Training Diary Sample
 This is how the weekly pages of The Runner's Training Dairy look. The week by week pages of the other diaries are shown on the following pages.

DAY, DATE, MORNING HEART RATE, WEIGHT,	PLANNED TRAINING	TIME OF DAY	ACTUAL TRAINING				
SAT							
GENERAL COMMENTS FOR WEEK							
www.kineli.co.nz							
SUMMARY							
EVENT	TOTAL TIME OR DISTANCE	1	TIME 2	OR 3	DISTANCE 4	AND 5	LEVELS 6
RUNNING							
OTHERS (weights etc)				Total	Training	Time	

TRAINING PHASE:			
WEEK BEGINNING:		WEEK NUMBER:	
DATE HEART RATE WEIGHT	PLANNED TRAINING	TIME OF DAY	ACTUAL TRAINING
MON			
TUES			
WED			
THURS			
FRI			

The Cyclist's Training Diary Sample
 This is how the weekly pages of The Cyclist's Training Dairy look. The week by week pages of the other diaries are shown on the following pages.

DAY DATE HEART RATE WEIGHT	PLANNED TRAINING	TIME OF DAY	ACTUAL TRAINING				
SAT							
COMMENTS FOR WEEK							
SUMMARY							
EVENT	TOTAL TIME OR DISTANCE	1	TIME 2	OR 3	DISTANCE 4	AND 5	LEVELS 6
ROAD BIKE							
MOUNTAIN BIKE							
WIND TRAINER							
OTHERS (weights etc.)				Total	Training	Time	

TRAINING PHASE:			
WEEK BEGINNING:		WEEK NUMBER:	
DATE, MORNING HEART RATE, WEIGHT,	PLANNED TRAINING	TIME OF DAY	ACTUAL TRAINING
MON			
TUES			
WED			
THURS			
FRI			

DATE, MORNING HEART RATE, WEIGHT,	PLANNED TRAINING	TIME OF DAY	ACTUAL TRAINING				
SAT							
			POINTS FOR WEEK				
www.kineli.co.nz							
SUMMARY							
EVENT	TOTAL TIME OR DISTANCE	1	TIME 2	OR 3	DISTANCE 4	AND 5	LEVELS 6
ROAD BIKING							
RUNNING							
MOUNTAIN BIKING							
OTHERS (weights etc.)				Total	Training	Time	

The Duathlon Training Diary Sample
 This is how the weekly pages of The Duathlon Training Dairy look. The week by week pages of the other diaries are shown on the following pages.

WEEK BEGINNING:		WEEK NUMBER:
DAY AND DATE	PLANNED EXERCISE	ACTUAL EXERCISE
MON		
TUES		
WED		
THURS		

The Fitness and Exercise Training Diary Sample
 This is how the weekly pages of The Fitness and Exercise Training Dairy look. The week by week pages of the other diaries are shown on the following pages.

DAY AND DATE	PLANNED EXERCISE	ACTUAL EXERCISE			
FRI					
www.kineli.co.nz					
SUMMARY					
ACTIVITY	TOTAL TIME	ACTIVITY	TOTAL TIME	ACTIVITY	
SWIMMING		EXERCISE BIKE			
WALKING		STEPPER			
RUNNING		TREADMILL			
CYCLING				TOTAL TIME	
ROWER				MY WEIGHT	

TRAINING PHASE:			
WEEK BEGINNING:		WEEK NUMBER:	
DAY DATE	PLANNED TRAINING	TIME OF DAY	ACTUAL TRAINING
MON			
TUES			
WED			
THURS			
FRI			

DAY DATE	PLANNED TRAINING	TIME OF DAY	ACTUAL TRAINING				
SAT							
GENERAL COMMENTS FOR WEEK							
www.kineli.co.nz							
SUMMARY							
EVENT	TOTAL TIMES	1	TIME 2	OR 3	DISTANCE 4	AND 5	LEVELS 6
ACTIVITY							
ACTIVITY							
ACTIVITY							
ACTIVITY							
ACTIVITY							
					Total	Training	Time

The Multisport Training Diary Sample
 This is how the weekly pages of The Multisport Training Dairy look. The week by week pages of the other diaries are shown on the following pages.

Week Number	Week Beginning	
Day & Date	Planned Training	Actual Training
Mon	AM	
	PM	
Tues	AM	
	PM	
Wed	AM	
	PM	
Thurs	AM	
	PM	
Fri	AM	
	PM	

Day & Date	Planned Training	Actual Training							
Sat	AM								
		Weight:							
		Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Totals
Morning	Heart Rate								
Row	Time								
	Distance								
Erg	Time								
	Distance								
Bike	Time								
	Distance								
Run	Time								
	Distance								
Other	Time								
	Distance								
Total	Time								
Total	Distance								

The Rower's Training Diary Sample
 This is how the weekly pages of The Rower's Training Dairy look. The week by week pages of the other diaries are shown on the other pages.

Training phase:			
Week beginning:		Week number:	
Date + Morning heart rate	Planned Training	Time of day	Actual Training
Mon			
Tues			
Wed			
Thurs			
Fri			

Date + Morning heart rate	Planned Training	Time of day	Actual Training																									
Sat																												
<p>www.kineli.co.nz</p> <p>Summary</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Activity</th> <th>Total Time</th> <th>Activity</th> <th>Total Time</th> </tr> </thead> <tbody> <tr> <td>V1</td> <td></td> <td></td> <td></td> </tr> <tr> <td>V6</td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td style="text-align: right;">Total Time</td> <td></td> </tr> <tr> <td></td> <td></td> <td style="text-align: right;">My weight</td> <td></td> </tr> </tbody> </table>					Activity	Total Time	Activity	Total Time	V1				V6										Total Time				My weight	
Activity	Total Time	Activity	Total Time																									
V1																												
V6																												
		Total Time																										
		My weight																										

The Waka Ama Training Diary Sample

This is how the weekly pages of The Waka Ama Training Dairy look. The week by week pages of the other diaries are shown on the other pages.