

# Karate Training Log

<b>Name</b>	<input type="text"/>
<b>Date</b>	<input type="text"/>
<b>Club</b>	<input type="text"/>
<b>Instructor</b>	<input type="text"/>





**Periodisation Chart**

**Event Date**

**Event Name / Description**

Start Date	End Date	Training Focus / Comments

**Workout & Training Schedule**

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

**Individual Circuit Training Planner**

**Date**

**Time**

**Session Length**

**Warm up**

Exercise	Time	Reps	Weight	Volume	Rest Period
<b>Totals</b>					

**Workout Summary**

**Intensity (RPE)**

**Max Heart Rate**

**Comments**

**Training Notes**

**Category**

**Topic**

**Date**

**Notes**

**Date**

**Notes**

**Date**

**Notes**

## **Favourite Techniques and Combos**

<b>Name / Overview</b>
<b>Detailed Description</b>
<b>Training Points</b>

<b>Name / Overview</b>
<b>Detailed Description</b>
<b>Training Points</b>



**Weak Points / Areas for Work**

<b>Date</b>
<b>Description</b>
<b>Analysis</b>
<b>Action Plan</b>

<b>Date</b>
<b>Description</b>
<b>Analysis</b>
<b>Action Plan</b>