

Smart Cycling Coaching, Inc. Daily Log

Name: _____

Date: _____

AM Info - Weight: _____

Waking Heartrate: _____

Temperature: _____

Overall Health: _____

Amount of Sleep: _____

Quality of Sleep: _____

Wake Up Time: _____

Training Session Information

Outdoors or Indoors: _____

Time in Minutes: _____

Distance: _____

Planned Primary Workout: _____

Primary Workout Done: _____

Heartrate Zone: _____

RPE - 1 to 10: _____

Planned Secondary Workout: _____

Secondary Workout Done: _____

Heartrate Zone: _____

RPE - 1 to 10: _____

Stretch - Before: _____

Stretch - After: _____

Weights - Upper: _____

Weights - Lower: _____

Weights - Core: _____

Plyometrics: _____

Daily Goals/Acheivements: _____

Remarks: _____

Power Meter Output Information

Average Speed: _____

Average Watt Load: _____

Average Cadence: _____

Maximum Speed: _____

Maximum Watt Load: _____

Maximum Cadence: _____

Kilojoule Total: _____

Maximum Heartrate: _____

Heartrate 5 minutes After: _____

Race Information

Type of Race: _____

Race Distance: _____

Total Race Time: _____

Warm Up Time: _____

Field Size At Start: _____

Size At Finish: _____

Placing: _____

Air Temperature: _____

