



**Athlete Name -**

**Season Goals**

- 1 XX
- 2 XX
- 3 XX

**Training Goals**

- XX
- XX
- XX

Week	Date	Race, Actual Race Date, + Race Priority (A, B, C)	Work Obligations-Vacations	Phase (Filled Out by Coach)
1	1/1/18			
2	1/8/18			
3	1/15/18			
4	1/22/18			
5	1/29/18			
6	2/5/18			
7	2/12/18			
8	2/19/18			
9	2/26/18			
10	3/5/18			
11	3/12/18			
12	3/19/18			
13	3/26/18			
14	4/2/18			
15	4/9/18			
16	4/16/18			
17	4/23/18			
18	4/30/18			
19	5/7/18			
20	5/14/18			
21	5/21/18			
22	5/28/18			
23	6/4/18			
24	6/11/18			
25	6/18/18			
26	6/25/18			
27	7/2/18			
28	7/9/18			
29	7/16/18			
30	7/23/18			
31	7/30/18			
32	8/6/18			
33	8/13/18			
34	8/20/18			
35	8/27/18			
36	9/3/18			
37	9/10/18			
38	9/17/18			
39	9/24/18			
40	10/1/18			
41	10/8/18			
42	10/15/18			
43	10/22/18			
44	10/29/18			
45	11/5/18			
46	11/12/18			
47	11/19/18			

48	11/26/18		
49	12/3/18		
50	12/10/18		
51	12/17/18		
52	12/24/18		
52	12/31/18		