

Weekly Training Schedule - Evenings

Insert date, schedule and total metres

Total				Total				Total			
Day	Date	Schedule	metres	Day	Date	Schedule	metres	Day	Date	Schedule	metres
Mon				Mon				Mon			
Tues				Tues				Tues			
Wed				Wed				Wed			
Fri				Fri				Fri			
Sun				Sun				Sun			
Total				Total				Total			
Mon				Mon				Mon			
Tues				Tues				Tues			
Wed				Wed				Wed			
Fri				Fri				Fri			
Sun				Sun				Sun			
Total				Total				Total			
Mon				Mon				Mon			
Tues				Tues				Tues			
Wed				Wed				Wed			
Fri				Fri				Fri			
Sun				Sun				Sun			
Total				Total				Total			
Mon				Mon				Mon			
Tues				Tues				Tues			
Wed				Wed				Wed			
Fri				Fri				Fri			
Sun				Sun				Sun			
Total				Total				Total			