

How to use your training log

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Why keep a training log?

Training for endurance sports is not one-size-fits-all. If we have ten athletes complete the same week of training, we will see ten different responses.

Keeping a record of training helps athletes and coaches figure out what's working. **We can't make adjustments to fit you as an athlete if we don't know where you're starting from.** Having a record of your training lets coaches see how you personally work as an athlete, and gives you the tools you need to make your own training decisions.

Logging your training is a good idea for everyone, and will be required for athletes hoping to make Junior Nationals or compete in college. It will be optional (but still encouraged) for skiers with other goals.

Logs for each week must be complete by the following Monday morning. Training log feedback will be given by 8pm the Monday of submission. These logs are not public. The only people who can view your logs are your coaches and anyone you choose to share them with. Training is most easily logged on your computer via Google Sheets, but can also be logged on your phone via the Sheets app.

Please note that this document is an *example*, and is not your actual training log - it belongs to a fictional skier named Bjørn who is training 600 hours. Workouts and hours listed on the examples used here are not identical to your training. Your coach will give you an individual training log with level-appropriate hours.

TL;DR:

[Google Sheets](#) (link emailed to you) -> bookmark your log -> find the current training block -> find the current week -> log RHR & sleep -> log hours on blank side, look at planned side if you're not sure how to log a workout.

How-to

Overview

The training year for nordic skiing begins the first week of May. Most competitive skiers have a target number of hours to train during the year. High school age skiers range from 300 to over 600 hours annually, depending on the athlete's experience and goals. The year is divided into blocks, each block 3-4 weeks in length. Within a block, we rotate through the different types of training - volume, intensity, strength & agility, and rest - in order to balance focus and recovery for each function.

In the summer, our focus is on general fitness (the **Base** periods), building endurance, strength, and agility. When we reach the fall, we have enough general fitness to hone in on ski race-specific training (**Pre-Comp**), moving from mostly running in the summer to more rollerskiing and on-snow training. Many find Fall to be the hardest training of the year, due to the combined development of volume and intensity. By winter (**Comp**), we've built up most of the fitness we need for the race season. Our job is to "sharpen" that fitness (being as well-prepared for particular races as possible), and to make sure we stay energized and avoid burnout through a long competition season. **Postseason** and **Transition** are our chance to focus on fun, and recover from the demands of race season.

Where to log your training

You will be logging your training in Block tabs. These represent training periods, and are in the row of tabs at the bottom of your window.

	A	B	C	D	E	F	G	H	I	J
1	2022-2023	600:00:00	%Yr.	Cycle Hrs.	Week	Date	% Cycle Hrs.	Weekly Hrs.	Week focus	Calendar
2	1	Base 1	5.33%	32:00:00		1	May 02	32.00%	10:15:00	
3		Rest				2	May 09	35.00%	11:10:00	V
4	2	Base 2	8.71%	52:16:30		3	May 16	33.00%	10:35:00	R
5		Rest				4	May 23	24.00%	12:35:00	S
6	3	Base 3	9.24%	55:24:54		5	May 30	29%	15:10:00	V
7		Rest				6	Jun 06	27.00%	14:05:00	I
8	4	Base 4	9.95%	59:40:12		7	Jun 13	20.00%	10:25:00	R
9		Rest				8	Jun 20	29.00%	16:05:00	S
10	5	Base 5	10.23%	61:21:54		9	Jun 27	30.00%	16:35:00	V
11		Rest				10	Jul 04	24.00%	13:20:00	I
12		Base 1	8.70%	52:10:48		11	Jul 11	17.00%	9:25:00	R
13		Rest				12	Jul 18	26.00%	15:30:00	S
14		Base 2				13	Jul 25	32.00%	19:05:00	V
15		Rest				14	Aug 01	23.50%	14:00:00	I
16		Base 3				15	Aug 08	18.50%	11:00:00	R
17		Rest				16	Aug 15	24.00%	14:45:00	S
18		Base 4				17	Aug 22	33.00%	20:15:00	V
19		Rest				18	Aug 29	27.00%	16:35:00	I
20		Base 5				19	Sep 05	16.00%	9:50:00	R
21		Rest				20	Sep 12	22.00%	11:30:00	S
22						21	Sep 19	33.00%	17:15:00	V

Bjørn wants to fill out his training log for May 8th, which means we're in Base 1. Use the [summary](#) tab if you're not sure what period or week you're on. Scroll through the tabs on the bottom to find the current training period.

Click on the block tab. Find the current week (Bjørn is on the first week of the Base 1 block, week of May 2nd).

Each week has two sections: your log (labeled "Completed") on the left, and the planned training ("Planned") on the right. The Completed side will be blank - **this is where you write your training!** - and the "planned" side will have group workouts or example OYO's for the week written. For those of you logging hours regularly, the planning side will give you an example of how to structure your week to get all of your hours in.

Example plan for Bjørn's week:

5/2/2022		1	Plan: intro								
			Description	Aerobic	L3	L4	L5	Speed	Strength	Total	
Monday	AM										
	PM		Run/hike	2:00						2:00:00	
Tuesday	AM		Lift						1:00:00		
	PM		easy run	1:00						2:00:00	
Wednesday	AM										
	PM		Run w/ hill sprints (4 x 60m)	1:15				0:05:00		1:20:00	
Thursday	AM		Lift						1:00:00		
	PM									1:00:00	
Friday	AM		SK @ Independence mine	1:30:00						1:30:00	
	PM									1:30:00	
Saturday	AM		Mud run @ crevasse	2:00:00							
	PM		Core						0:15:00	2:15:00	
Sunday	AM		Off-day							0:00:00	
	PM									0:00:00	
				Total	7:45:00	0:00:00	0:00:00	0:00:00	0:05:00	2:15:00	10:05:00
				Target	10:15:00	0:00:00	0:00:00				10:15:00

Where Bjørn will log his training for the week:

5/2/2022		1	Completed							RHR	Sleep	
			Description	Aerobic	L3	L4	L5	Speed	Strength	Total		
Monday	AM											
	PM									0:00:00		
Tuesday	AM											
	PM									0:00:00		
Wednesday	AM											
	PM									0:00:00		
Thursday	AM											
	PM									0:00:00		
Friday	AM											
	PM									0:00:00		
Saturday	AM											
	PM									0:00:00		
Sunday	AM											
	PM									0:00:00		
				Total	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0	0:00:00
				Target	10:15:00	0:00:00	0:00:00	0:05:00	2:15:00	10:15:00		

Now that we have the right place, Bjørn is going to log his training for the week. As you can probably imagine, this is best done daily or at the end of each week. You will not remember the details of a workout if you're filling out your log three weeks after it happened.

Essentials

The most important part of the log are the two columns on the right - "sleep" and "RHR" (resting heart rate). **If you log any part of your training, it should be this.** For more information on sleep and RHR, keep scrolling or click [here](#).

How to measure sleep & RHR

If you have a smartwatch, it probably calculates these for you. Go to your brand website for how-to's on getting that data. For the analog folks:

Sleep: log how many hours you slept. You don't need to get crazy with the accuracy - if you went to bed and had the lights off at 10, but don't think you fell asleep until 10:45, you may log it as either. If you were scrolling TikTok from 10 to 2, that does *not* count as time slept.

RHR: This is how many times your heart beats per minute while at rest. Right when you wake up, measure your RHR while laying in bed. Find your pulse. Using a watch, count how many times your heart beats in 20 seconds, then multiply by 3. This is your RHR for the day!

Bjørn's log with sleep & RHR

5/2/2022	1	Completed							RHR	Sleep	
		Description	Aerobic	L3	L4	L5	Speed	Strength			Total
Monday	AM									58	7:00:00
	PM							0:00:00			
Tuesday	AM									55	7:30:00
	PM							0:00:00			
Wednesday	AM									42	8:00:00
	PM							0:00:00			
Thursday	AM									45	4:30:00
	PM							0:00:00			
Friday	AM									59	8:00:00
	PM							0:00:00			
Saturday	AM									56	6:00:00
	PM							0:00:00			
Sunday	AM									43	5:00:00
	PM							0:00:00			
		Total	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	51	6:34:17
		Target	10:15:00	0:00:00	0:00:00	0:00:00	0:05:00	2:15:00	10:15:00		

Logging Training

On your training plan, you have hour targets for the year, the block, and the week. Your hour target for the week is in the lower-right corner of both your log and your plan.

5/2/2022		Plan: intro							
1		Description	Aerobic	L3	L4	L5	Speed	Strength	Total
Monday	AM								
	PM	Run/hike	2:00						2:00:00
Tuesday	AM	Lift						1:00:00	
	PM	easy run	1:00						2:00:00
Wednesday	AM								
	PM	Run w/ hill sprints (4 x 60m)	1:15				0:05:00		1:20:00
Thursday	AM	Lift						1:00:00	
	PM								1:00:00
Friday	AM	SK @ Independence mine	1:30:00						1:30:00
	PM								
Saturday	AM	Mud run @ crevasse	2:00:00						2:00:00
	PM	Core						0:15:00	2:15:00
Sunday	AM	Off-day							
	PM								0:00:00
Total			7:45:00	0:00:00	0:00:00	0:00:00	0:05:00	2:15:00	10:05:00
Target			10:15:00	0:00:00	0:00:00				10:15:00

The hour target for the week is 10:15, and the plan shows you how to get 10:05. Here's how Bjørn logged his training for the week:

Bjørn's completed week log

5/2/2022		Completed								RHR	Sleep
1		Description	Aerobic	L3	L4	L5	Speed	Strength	Total		
Monday	AM									58	7:00:00
	PM	Easy run/hike of Lazy Moose	2:00						2:00:00		
Tuesday	AM	Lift						1:00:00		55	7:30:00
	PM	Bike path jog + core	1:00					0:10:00	2:10:00		
Wednesday	AM	rest - planned OYO run, too much homework.								42	8:00:00
	PM								0:00:00		
Thursday	AM	Lift						1:00:00		45	4:30:00
	PM	Run w/ hill sprints (4 x 60m)	1:15				0:05:00		2:20:00		
Friday	AM	slushy skate at the mine	1:30:00							59	8:00:00
	PM								1:30:00		
Saturday	AM	Mud run @ crevasse	2:00:00							56	6:00:00
	PM	Core @ home						0:15:00	2:15:00		
Sunday	AM	rest								43	5:00:00
	PM								0:00:00		
Total			7:45:00	0:00:00	0:00:00	0:00:00	0:05:00	2:25:00	10:15:00	51	6:34:17
Target			10:15:00	0:00:00	0:00:00	0:00:00	0:05:00	2:15:00	10:15:00		

Bjørn didn't follow the plan exactly, but stayed pretty close. Try to not throw in a wildly different workout than planned for the week. Ex. if we're doing a volume week and there's a 2-hour OYO run, a 4 x 10min max effort double pole intervals is not a good adjustment to make. A 2.5hr classic ski is a better substitution, because it keeps the focus the same - long, slow distance.

Notes

The last part to be aware of is "Athlete/Coach notes" right next to the plan. This is where additional details for OYO workouts will be posted, or individual suggestions for the athlete. These might be workout modifications due to an ongoing injury ("stick to CL rollerskiing this

week to give your shins a break”), or a particular area to focus on (“keep your elbows high on the V2 sections of the course”). Athletes can use this section to write more detailed thoughts & feedback. This is a good place to write subjective notes like “the first few intervals felt good, but I bonked for the last one”, or to keep notes on illness or injury recovery. You can use this as a journal if you’re so inclined, it’s up to you.

More on Sleep & RHR

Sleep

Sverre Caldwell’s rule of thumb for high school athletes is:

$$8hrs + hrs\ trained\ today = hrs\ of\ sleep\ needed$$

This might seem like a LOT, especially during the school year. However, sleep plays a huge role in recovery and metabolism, and regularly skimping on sleep as an athlete will significantly limit your physical potential. Try out this approach during the summer, and see how you feel!

Why should you record it? It gives context to how you’re feeling at training on a given day, or over the course of weeks. If you’re starting to feel like you’re not performing as well as you’d like to, the first thing to rule out is usually a sleep deficit, before we start looking into changing other things.

Resting Heart Rate (RHR)

This can give a measure of your body’s baseline stress level. Just about any form of stress - fatigue from workouts, fighting an illness, worry about school or personal life - can cause your resting heart rate to rise. Everyone’s RHR is different, so we’re looking for trends up or down, not a specific number. Ex. If all we know is that Bjørn’s RHR was 63 this morning, that’s not very useful to us. If we know that last week, his RHR was between 42 and 49, but it’s in the low 60’s this week, there’s a stressor causing an increase. If all other factors are pretty stable (sleep, life stress, health), it’s likely that training is taking a bigger toll on Bjørn this week than last week.

Why would you want to know this every week, not just around important races or events? Your RHR can show us how your body naturally responds to different types of training. For example, if your RHR is often normal at the beginning of an intensity week, and then increases towards the end of the week, that indicates your body is having to work harder to recover from intensity. That means you may need extra recovery time from interval workouts and races in order to be at your best. The more information like this you have, the clearer the patterns get. Directing

your training is a lot easier when there are clear patterns of what works for you and what doesn't, and it helps make better-informed decisions year-round, not just in race season.

All of it

Every page in the training log, explained.

Summary

2022-2023	600:00:00	%Yr.	Cycle Hrs.	Week	Date	% Cycle Hrs.	Weekly Hrs.	Week focus	Calendar
1	Base 1	5.33%	32:00:00	1	May 02	32.00%	10:15:00		
	Rest			2	May 09	35.00%	11:10:00	V	
				3	May 16	33.00%	10:35:00	R	last week of class
2		8.71%	52:16:30	4	May 23	24.00%	12:35:00	S	
	Base 2			5	May 30	29%	15:10:00	V	Bend camp
	Rest			6	Jun 06	27.00%	14:05:00	I	
3				7	Jun 13	20.00%	10:25:00	R	Test week 1
	Base 3	9.24%	55:24:54	8	Jun 20	29.00%	16:05:00	S	
	Rest			9	Jun 27	30.00%	16:35:00	V	girdwood camp
4				10	Jul 04	24.00%	13:20:00	I	
	Base 4			11	Jul 11	17.00%	9:25:00	R	
	Rest	9.95%	59:40:12	12	Jul 18	26.00%	15:30:00	S	Test week 2
5				13	Jul 25	32.00%	19:05:00	V	
	Base 5			14	Aug 01	23.50%	14:00:00	I	
	Rest			15	Aug 08	18.50%	11:00:00	R	
6		10.23%	61:21:54	16	Aug 15	24.00%	14:45:00	S	school starts
	Pre-comp 1			17	Aug 22	33.00%	20:15:00	V	
	Rest			18	Aug 29	27.00%	16:35:00	I	
7		8.70%	52:10:48	19	Sep 05	16.00%	9:50:00	R	
	Pre-Comp 2			20	Sep 12	22.00%	11:30:00	S	Arctic Valley 3
	Rest			21	Sep 19	33.00%	17:15:00	V	
8				22	Sep 26	26.00%	13:35:00	I	
	Pre-Comp 3	6.68%	40:05:06	23	Oct 03	19.00%	9:55:00	R	
	Rest			24	Oct 10	34.00%	13:40:00	I	
9				25	Oct 17	41%	16:25:00	V	
	Pre-Comp 4			26	Oct 24	25.00%	10:00:00	R	
	Rest	6.71%	40:15:36	27	Oct 31	33.00%	13:15:00	I	
10				28	Nov 07	38.00%	15:20:00	V	
	Comp 1			29	Nov 14	20.00%	8:05:00	R	
	Rest	7.13%	42:45:00	30	Nov 21	45.00%	19:15:00	V	thanksgiving camp
11				31	Nov 28	33.00%	14:05:00	I	
	Comp 2			32	Dec 05	22.00%	9:25:00	R	
	Rest	6.78%	40:42:18	33	Dec 12	35.00%	14:15:00	I	Besh 1/2
12				34	Dec 19	39.00%	15:50:00	V	
	Comp 3			35	Dec 26	26.00%	10:35:00	R	camp
	Rest	6.25%	37:30:00	36	Jan 02	34.00%	12:45:00	I	senior nats
13				37	Jan 09	26%	9:45:00	R	Besh 3/4
	Comp 4			38	Jan 16	40.00%	15:00:00	V	
	Rest	5.36%	32:08:06	39	Jan 23	33.00%	10:35:00	I	
14				40	Jan 30	43.00%	13:50:00	V	Besh 5/6
	Postseason			41	Feb 06	25.00%	8:00:00	R	taper starts
	Rest	4.70%	28:10:48	42	Feb 13	34.00%	9:35:00	I	
15				43	Feb 20	36.00%	10:10:00	V	AK state meet
	Transition			44	Feb 27	30.00%	8:25:00	R	
		1.25%	7:30:00	45	Mar 06	90.00%	6:45:00		JNs
16				46	Mar 13	34.00%	2:35:00		
				47	Mar 20	33.00%	2:30:00		
		3.00%	18:00:00	48	Mar 27	0.00%	0:00:00		
17				49	Apr 03	10.00%	1:50:00		
				50	Apr 10	20.00%	3:35:00		
				51	Apr 17	30.00%	5:25:00		
				52	Apr 24	40.00%	7:10:00		

This is what the summary of your training log will look like. Your total hours for the year are marked in the upper-left corner (600, in Bjørn's case). This is mostly a calculator for the coaches, but there are a few things you can use from this sheet:

- **the training period**, which is the second column from the left. "Base 5", "Postseason", "Pre-comp 1". This is the block or training period we're in. Your weekly logs will be under a tab labelled with each block. For example, your logs for weeks June 21 - July 12 are under the "Base 3" tab.
- **The "Weekly Hours" tab**. This tells you how many hours of training you need to complete that week. Find the date (in the "date" column), and your hours for that week are posted next to the date. The percentage directly to the left of your hours is just used for calculations, you do not need to pay attention to that.
- **"Week focus"**. This tells you what the focus for the week is: volume, intensity, strength & agility, or rest. All types of training have a different effect on your body. While they all need constant maintenance, rotating our focus through these different functions gives each type of training an efficient (and tiring) development period, and a chance to recover and regenerate while we work something else. This keeps the physical strain on your body manageable, without letting anything slide for so long that you lose strength of that function. For example, a volume week will put a strain on your slow-twitch muscles and the pathways involved in endurance, while not working fast-twitch circuits much. A strength & agility week will put a strain on fast-twitch muscles and pathways involved in power, and give the slow-twitch muscles a chance to regenerate.

Training Period Plans

These are labeled with "Base", "Pre-Comp", "Comp", "Postseason", or "Transition". These are the sections where you will log your day-to-day training and find suggestions for OYO workouts.

Big Picture & Analysis pages

These pages are automatically generated by your year training plan and any training you log. *You don't have to do anything with these pages, they're just different ways of looking at how a year of training fits together!*

Year Totals: this is where all of the numbers you write in your log go. This will happen automatically, you don't have to do anything on this page. As you fill out your log throughout the year, you'll be able to see the patterns form between hours of training, types of training,

sleep, and resting heart rate. *This is why consistency is important* - it is way easier to analyze training and make adjustments when we have a complete picture of what you've done, and how your performance responded.

Hour Graph: visual depiction of the hours planned for your training throughout the year. You can see weekly cycles (the bold blue line) and overall trends (the faded blue line). As you enter your hours every week, a red line (representing the training you've completed) will be graphed.

Intensity graph: this is a visual depiction of how much and what kind of intensity you're doing throughout the year. As you can see, we start out with mostly L3 during the summer, and slowly add in more L4-race pace efforts as we get closer to race season.