

Appendix C: Athlete Planning Templates

This appendix provides working templates for applying the book's ideas to a real athlete.

The templates are deliberately simple. Their purpose is to make the coach or athlete think clearly before building the plan.

Athlete Profile - Context & Current Training

Complete this before selecting benchmarks or writing the plan. Record what is true now, not what the athlete wishes were true.

CORE CONTEXT

Athlete name: _____ Date: _____

Sport / event focus: _____ Current developmental level: _____

Primary goal: _____ Secondary goals: _____

BACKGROUND

Age: _____ Training age: _____

Sport history: _____

Injury history: _____

Medical considerations: _____

Work / family constraints: _____

Sleep opportunity: _____ Training environment: _____

Equipment access: _____

CURRENT TRAINING

Average weekly hours: _____ Average weekly load: _____

Typical frequency: _____ Longest weekly session: _____

Current intensity distribution: _____ Strength training: _____

Mobility / prehab: _____ Recent consistency: _____

Athlete Profile - Interpretation

Turn the context into a coaching judgment. Use evidence, distinguish the main limiter from background noise, and identify the next useful adaptation.

ATHLETE TYPE

Fast, medium, or slow responder: _____ Durability: _____

Speed / power profile: _____ Aerobic profile: _____

Body composition / frame considerations: _____

Recovery profile: _____

Psychological tendencies: _____

MAIN LIMITER

Primary limiter: _____	Evidence: _____
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_____	_____
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Secondary limiter: _____	Evidence: _____
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_____	_____
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What should not be emphasized right now: _____

NEXT BEST STEP

Most useful adaptation to target next: _____

Training emphasis: _____ Recovery emphasis: _____

Nutrition / fueling emphasis: _____ Benchmark to confirm progress: _____

Blank Athlete Benchmark Profile

Use the benchmark tables in Chapter 7 to place an X in the level that matches the athlete’s current result. The pattern across rows is the profile; it shows where the foundation, thresholds, ceiling, and field performance do not yet line up.

Athlete: _____

Date: _____

Sport / event: _____

Training age: _____

Sex / age: _____

Body mass: _____

Current CTL: _____

Target level: _____

Benchmark	Result	L0	L1	L2	L3	L4	L5	Notes / limiter
Strength & Power								
5RM hex bar deadlift								
Peak power / 15 s test								
VLaMax / max lactate								
Aerobic Engine								
VO2max								
Max aerobic power / pace								
Thresholds & Metabolic Base								
Aerobic threshold (AeT)								
Anaerobic threshold (AnT)								
Fat oxidation at AeT								
Fat oxidation at VT1								
Field Benchmarks								
Aerobic field pace / power								
Basic speed reserve								
Event-specific benchmark								

Coach’s read - the profile says:

The next useful adaptation is:

Annual Plan & Benchmarks

Sketch the athlete's planned weekly volume and intensity as ranges, not single-point promises. Then use the month-aligned rows beneath the ATP to mark phases and write each target performance directly under its planned checkpoint month.

Athlete: _____ **Season:** _____ **BIG goal:** _____ **Goal date:** _____

Current level / CTL: _____ **Target level / CTL:** _____ **Annual hours:** _____ **Known constraints:** _____

Volume range
 Intensity range
 Benchmark / race checkpoint

[illegible]

Use: write each benchmark in the first column, then enter its target performance in the month when it should be achieved. Add a second value or mark after testing to record the result.

Annual Planning Questions

Answer these after sketching the ATP. The answers should explain why the year looks the way it does.

1. What adaptation matters most this year?

2. What must be built before race-specific work begins?

3. What is the maximum sustainable training load for this athlete's life?

4. What is the minimum effective dose for intensity?

5. Where are the planned recovery periods?

6. What benchmarks will show whether the plan is working?

7. What will we change if the athlete is not adapting?

Monthly Block Template

Block dates:

Block theme:

Target load range:

Primary adaptation target:

Maintenance targets:

Starting CTL / avg. weekly load:

Week	Purpose	Load target	Key work	Recovery emphasis	Review question
Week 1	Emphasis week				
Week 2	Standard loading week				
Week 3	Standard loading week				
Week 4	Hold-ground week				

BLOCK REVIEW

What improved?

What stalled?

What warning signs appeared?

Did the athlete absorb the load?

What should change in the next block?

Semi-Flexible Weekly Planning Template

Define the available slots and fixed constraints first. Select the actual session each day from the athlete's readiness and the phase priorities.

Week of: _____

Athlete level: _____

Current CTL: _____

Phase: _____

Target weekly pattern: _____

Expected life stress: _____

Primary loading priority: _____

Maintenance priority: _____

Day	Max hours	Available modes	Fixed anchor / constraint e.g. group workout or life limit	Loading option if ready	Recovery option if not ready	Plan	Actual
Monday		☐ Swim ☐ Run ☐ Mobility	☐ Bike ☐ Strength			R M L B	R M L B
Tuesday		☐ Swim ☐ Run ☐ Mobility	☐ Bike ☐ Strength			R M L B	R M L B
Wednesday		☐ Swim ☐ Run ☐ Mobility	☐ Bike ☐ Strength			R M L B	R M L B
Thursday		☐ Swim ☐ Run ☐ Mobility	☐ Bike ☐ Strength			R M L B	R M L B
Friday		☐ Swim ☐ Run ☐ Mobility	☐ Bike ☐ Strength			R M L B	R M L B
Saturday		☐ Swim ☐ Run ☐ Mobility	☐ Bike ☐ Strength			R M L B	R M L B
Sunday		☐ Swim ☐ Run ☐ Mobility	☐ Bike ☐ Strength			R M L B	R M L B

Day types: R = recovery (about CTL - 30); M = maintenance (about CTL); L = loading (about CTL + 30); B = BIG (about CTL + 150 and more than five total hours). These are planning estimates, not promises.

Representative patterns: Levels 1-2: 3L:3M:1R. Level 3 standard: 2L:1B:1M:3R. Emphasis: 3L:1B:3R. Hold ground: 1B:1M:5R.

Seven-Day Readiness & Decision Grid

Record each metric against the athlete's own normal. Use a value plus + (better), = (normal), or - (worse) so the week's pattern is visible.

Athlete: _____ Week of: _____ Baseline window / source: _____

Morning signal	Personal normal	Mon	Tue	Wed	Thu	Fri	Sat	Sun
HRV								
Resting HR / pulse								
Sleep hours								
Sleep quality								
Fatigue								
Soreness								
Mood								
Life stress								
Overall feeling								
Injury / sickness / fueling								

DAILY DECISION AND FEEDBACK

Decision	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Planned day type (R/M/L/B)							
Work capacity (High/Low)							
Recovery capacity (High/Low)							
Final day type (R/M/L/B)							
Actual duration / TSS							
Post-session Feel (1/3/5/7/9)							

Feel key: 1 = dead tired; 3 = warm-up OK, main set not happening; 5 = average day; 7 = strong, good energy; 9 = legs wanted to go.

Daily Readiness & Training Decision

Date: _____ Current CTL: _____

Previous day type / load: _____ Today's planned type: R M L B _____

PROPOSED TRAINING DOSE

Proposed session: _____

Phase-specific purpose: _____

Planned duration: _____ Planned TSS / intensity: _____

Full planned version	Reduced version	Maintenance alternative	Recovery / rest option

TWO READINESS QUESTIONS

How capable is the athlete of mobilizing for work?

How capable are they of switching into recovery afterward?

Select	Autonomic state	Typical presentation	Coaching interpretation
☐	High work / high recovery	Good energy, motivation, HR response, HRV and sleep	Robust; load when the broader plan agrees
☐	Low work / high recovery	Sleepy, heavy, low motivation; HR difficult to elevate	Deep recovery; not ready for demanding work
☐	High work / low recovery	Tired but wired; high RHR, restless sleep, agitation	May perform, but poorly positioned to absorb load
☐	Low work / low recovery	Flat mood and performance; persistent fatigue	Unload and investigate

DECISION

☐ Full planned version ☐ Reduced version ☐ Maintenance alternative ☐ Recovery / rest

Reason and final session selected:

POST-SESSION FEEDBACK

Feel: ☐ 1 Dead tired ☐ 3 Main set not happening ☐ 5 Average ☐ 7 Strong ☐ 9 Legs wanted to go

Session RPE: _____ Actual duration / TSS: _____

Exercise HR responded normally: Yes No _____ Main set completed: Yes No _____

Was today's decision correct? What should the coach learn?

Race Demands Worksheet

Race / event:

Date:

Expected duration:

Environment:

Terrain / course:

Technical demands:

Fueling demands:

Heat / altitude demands:

PERFORMANCE REQUIREMENTS

Required aerobic durability:

Required threshold ability:

Required speed / power:

Required strength / durability:

Required pacing discipline:

Required fueling execution:

GAP ANALYSIS

Demand	Current status	Gap	Training response
Aerobic base			
Durability			
Threshold / specific power			
Speed or surges			
Strength / resilience			
Heat / altitude			
Fueling			
Pacing			

Post-Race Review

Race: _____

Date: _____

Result: _____

Goal: _____

EXECUTION

Pacing: _____

Fueling: _____

Hydration: _____

Heat / altitude management: _____

Equipment: _____

Decision-making: _____

PERFORMANCE

What went well? _____

What limited performance? _____

Was the limiter physical, tactical, environmental, nutritional, or psychological? _____

Did the race confirm or challenge the athlete profile? _____

NEXT STEP

Most important lesson: _____

Training implication: _____

Recovery implication: _____

Next benchmark: _____

Next block focus: _____

Coaching Summary Template

Use this one-page summary before writing the next block.

The athlete is currently:	The athlete is responding to:
The athlete is not responding to:	The biggest risk is:
The next useful adaptation is:	The plan should include:
The plan should avoid:	We will know it is working when: