

Lōkahi Canoe Club Weekly Workout Record

Week of: _____

Name: _____

Date	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Totals
Paddling:								
OC6 practice = 1 hr								
OC1/ Kayak								
Cardio:	Total Paddling Time							
run								
bike								
swim								
other								

Total Cardio Time Goals: Apr 6 hrs, May 7 hrs, Jun 8 hrs, Jul 9 hrs, Aug 10 hrs, Sep 10 hrs

Total Cardio Time

Strength: core/ weights /yoga								
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Total Weekly Time

OC1 time trial								
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Once a week:

	Pull Ups	Push Ups	Dips	Crunches
Max Reps without Stopping				

Goals when you started the week:
Did you meet this week's goals? Why/Why not?
Goals for next week:
Goal for Season: