

Lōkahi Canoe Club Weekly Workout Record

Week of:

Name:

Date:									
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTALS	

Paddling:	OC6								
(h:mm)	OC1/ Kayak								
								Total paddling time:	

Cardio:	run								
(h:mm)	bike								
	swim								
	other								
								Total Cardio Time:	
								Total Aerobic Time:	

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

Strength:								
	core/weights/yoga							

OC1 time trials:							
(h:mm:ss)							

Once a week:	Max reps without stopping:	Pull-ups	Push-ups	Dips	Crunches

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