

WEEKLY TRAINING PLANNER

Plan your week. Give sessions a purpose. Review what works.

01 / PLAN YOUR WEEK

Start with the week you actually have.

Write on a printed copy or fill in the boxes in a PDF reader. Choose a focus for each session and leave space for the rest of your life.

WEEK STARTING

DAY	SESSION OR REST	ONE FOCUS	PLANNED PACE
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

Pace examples: focused drilling / controlled rolling / harder rounds.

OTHER COMMITMENTS AND TIME OFF THE MATS

Train with intention.

Use this page for one session. Keep your focus specific enough to explore on the mats, then capture what you notice.

SESSION DATE

SESSION TYPE

My focus for this session

A position, skill or question I want to explore.

My plan for rounds

Partners, starting positions and the pace I intend to use.

What I noticed

Something I learned, found difficult or want to ask my coach.

One adjustment for next time

Keep the change specific enough to try in the next session.

MAKE IT REUSABLE

Keep a blank master copy. Save a new copy for each session, or print another sheet when you need one.

Keep what works.

Look for patterns across the week. Use what you notice to choose one useful change for the next one.

WEEK STARTING

What helped me train and learn?

Think about focus, partners, pace and how training fitted your week.

What made the week harder to sustain?

Include timing, commitments and other demands on your time.

What will I keep next week?

A choice or habit worth repeating.

One thing I will change

Choose a small, specific adjustment for the week ahead.

Keep the conversation going.

Explore the articles, or share a question for a future topic.

[READ THE ARTICLES](#)

[ASK A QUESTION](#)