

THE 12-WEEK TRAINING LOG

One block per week, matching the log format from Chapter 12. Fill it in by hand as you go — what you actually did, not what you planned.

WEEK 1 — REBUILD

	DATE	SETS x REPS / LOAD	NOTE
SESSION A			
SESSION B			
SESSION C			
RECOVERY			
WEEK NOTE			

WEEK 2 — REBUILD

	DATE	SETS x REPS / LOAD	NOTE
SESSION A			
SESSION B			
SESSION C			
RECOVERY			
WEEK NOTE			

WEEK 3 — REBUILD

	DATE	SETS x REPS / LOAD	NOTE
SESSION A			
SESSION B			
SESSION C			
RECOVERY			
WEEK NOTE			

WEEK 4 — STRENGTHEN

	DATE	SETS x REPS / LOAD	NOTE
SESSION A			
SESSION B			

	DATE	SETS x REPS / LOAD	NOTE
SESSION C			
RECOVERY			
WEEK NOTE			

WEEK 5 — STRENGTHEN

	DATE	SETS x REPS / LOAD	NOTE
SESSION A			
SESSION B			
SESSION C			
RECOVERY			
WEEK NOTE			

WEEK 6 — STRENGTHEN

	DATE	SETS x REPS / LOAD	NOTE
SESSION A			
SESSION B			
SESSION C			
RECOVERY			
WEEK NOTE			

WEEK 7 — CONDITION

	DATE	SETS x REPS / LOAD	NOTE
SESSION A			
SESSION B			
SESSION C			
RECOVERY			
WEEK NOTE			

WEEK 8 — CONDITION

	DATE	SETS x REPS / LOAD	NOTE
SESSION A			

	DATE	SETS x REPS / LOAD	NOTE
SESSION B			
SESSION C			
RECOVERY			
WEEK NOTE			

WEEK 9 — CONDITION

	DATE	SETS x REPS / LOAD	NOTE
SESSION A			
SESSION B			
SESSION C			
RECOVERY			
WEEK NOTE			

WEEK 10 — BATTLE HARD

	DATE	SETS x REPS / LOAD	NOTE
SESSION A			
SESSION B			
SESSION C			
RECOVERY			
WEEK NOTE			

WEEK 11 — BATTLE HARD

	DATE	SETS x REPS / LOAD	NOTE
SESSION A			
SESSION B			
SESSION C			
RECOVERY			
WEEK NOTE			

WEEK 12 — BATTLE HARD

	DATE	SETS x REPS / LOAD	NOTE
SESSION A			
SESSION B			
SESSION C			
RECOVERY			
WEEK NOTE			

From **Battle Hard After 50** by Will Power. Free for readers of the book. willpowerprotocols.com · Battle Hard. — Will Power