

THE 12-WEEK TRAINING LOG

Sheet 5 — The 12-Week Training Log

One row per week. Mark each planned session complete, modified, or skipped, and note why — this is the record you'll actually use when Chapter 9's recovery framework asks what's really been happening, and when Chapter 11 asks you to explain a result that doesn't match what you expected.

WK	PHASE	PLANNED	DONE	MODIFIED / SKIPPED — WHY	RECOVERY NOTES
1	Base				
2	Base				
3	Base				
4	Base				
5	Build				
6	Build				
7	Build				
8	Build (recovery check)				
9	Build (final week)				
10	Peak				
11	Peak				
12	Taper / Retest				