Training Sessions ❓

	Type	Minutes	RPE	Purpose	Time Of Day	Venue
	Bike ▼	40	3 - Moder ▼	Recovery ▼	Morning 5- ▼	CFMTL
	Crossfit ▼	60	5 - Heavy ▼	Speed/Po⋁ ▼	Morning 9- ▼	CFMTL
	Massage/ ▼	60	1 - Very I ▼	Recovery ▼	Afternoon ▼	CIVITILLO
	Massage/ ▼	10	.5 - Just n ▼	Recovery ▼	Morning 5- ▼	SIMON
	Bike ▼		0 - Nothin ▼	Recovery ▼	Morning 5- ▼	

add session

Submit (and view results)   **Submit** (and create new entry)

Type is a drop down menu with activity types (Bike, Swim, Run, Track, CrossFit, etc)

RPE is a drop down with 0-10 with a descriptor (Nothing, Just Noticeable, Very Light, Light, Heavy . . .)

Purpose is a drop down (Recovery, Technique, Endurance, Speed, Strength, Power)