

TRAINING CALENDAR 2026

	J	F	M	A	M	J	J	A	S	O	N	D
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
14												
15												
16												
17												
18												
19												
20												
21												
22												
23												
24												
25												
26												
27												
28												
29												
30												
31												



HOW TO USE THE CALENDAR

Choose your type of sports and give each one a colour of your choice.

 PARKOUR	 (MATTTMA) FOOTBAG
 CLIMBING	 STRENGTH TRAINING
 CLIFF JUMPS	 SNOOKER

Mark each day in the colour of the sport you did that day. If you did multiple you can add them next to each other, like this.

	J	F	M	A	M	J	J	A	S	O	N	D
1												
2												
3												
4												
5												

If you also want to track the intensity of your training, you can either..

..mark only half of the field for low intensity and the full field for high intensity

	J	F	M	A	M	J	J	A	S	O	N	D
1												
2												
3												
4												
5												

.. or use the numbers 1 (low intensity), 2 (medium intensity) and 3 (high intensity) and write it into the field

	J	F	M	A	M	J	J	A	S	O	N	D
1												
2												
3												
4												
5												

.. or you print out this calendar twice and mark your intensity in a separate calendar. You could use three different shades of blue for example to visualize the intensity.

	J	F	M	A	M	J	J	A	S	O	N	D
1												
2												
3												
4												
5												

