

2027 PLANNER

My Training Rhythm

Train for the life you want to keep living.

DEVICE	CALENDAR	WEEK START
iPad 11-inch / Goodnotes	2027	Monday

YEAR AT A GLANCE

01 January	02 February	03 March	04 April
05 May	06 June	07 July	08 August
09 September	10 October	11 November	12 December

INCLUDED

12 months - 53 weeks - Goals - Habits - Notes

Layout - habit-board week - intentions month

WEEK INDEX	THIS WEEK	THIS MONTH	TRAIN
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JANUARY 2027

January

W	MON	TUE	WED	THU	FRI	SAT	SUN
01					1	2	3
02	4	5	6	7	8	9	10
03	11	12	13	14	15	16	17
04	18	19	20	21	22	23	24
05	25	26	27	28	29	30	31

WEEKS

- Dec28
- Jan4
- Jan11
- Jan18
- Jan25

TRAINING FOCUS

RECOVERY / EVENTS

DEC 28 - JAN 3

Training Week

Plan useful training around readiness, recovery, and the rest of your life.

TRAINING FOCUS	READINESS	RECOVERY PRIORITY

MON	SESSION / EFFORT / RESPONSE
28	

TUE	SESSION / EFFORT / RESPONSE
29	

WED	SESSION / EFFORT / RESPONSE
30	

THU	SESSION / EFFORT / RESPONSE
31	

FRI	SESSION / EFFORT / RESPONSE
1	

SAT	SESSION / EFFORT / RESPONSE
2	

SUN	SESSION / EFFORT / RESPONSE
3	

KEY SESSIONS

MOBILITY

FUEL / HYDRATION

RECOVERY NOTES

TRAIN

Training Baseline

Start from current capacity, constraints, and the kind of progress that matters now.

CURRENT RHYTHM	WHAT FEELS STRONG
WHAT NEEDS CARE	AVAILABLE TIME
SUPPORT / EQUIPMENT	SUCCESS THIS SEASON

LOG

Workout Log

Record the session, dose, effort, and response while the signal is fresh.

DATE	SESSION	DOSE	EFFORT	RESPONSE