

Download Weekly Training Schedule Template

You can use a weekly schedule template to keep track of all your daily functions. Get a weekly schedule template for free right here. Weekly Schedule Template, Sun-Sat for Word (landscape): If you need a full 24-hour schedule, this weekly template shows every hour for each day of the week. This template is printable in landscape format and can be easily adjusted to accommodate your schedule. Weekly Schedule: It's either 4 or 5 total weight training workouts per week (it changes from week to week) done with a 2 on/1 off/1 on/1 off format that repeats every 6th day. This means the days you work out on will change from week to week unlike the previous schedules shown where the workout days always remain fixed and constant. This is a very organized training schedule template you are getting here. The left hand side of the template is about the different training programs or phases while the right side notes the duration of each.