



**SUP DEVELOPMENT PLAN BY  
SUP TOUR BERLIN**

	Trainingsconditions; included Sequences; kind of Training performed	Session Goals	Personal Notes (What went well? What did you enjoy during your session? What needs improvement?)
<b>Monday</b> Start: Stop : Distance:			
<b>Tuesday</b> Start : Stop : Distance:			
<b>Wednesday</b> Start : Stop : Distance :			
<b>Thursday</b> Start : Stop : Distance :			
<b>Friday</b> Start : Stop: Distance :			
<b>Saturday</b> Start: Stop: Distance :			
<b>Sunday</b> Start : Stop : Distance :			

**Include at least one rest day per week**  
**Visualize what you want to achieve before you start your Training**  
**Stretch after a training session at least for 5 minutes**