

HOW TO KEEP A TRAINING DIARY FOR BOXING

Boxing is an extremely independent sport, you do not want to rely on your opponent to push you. For example, getting punched in the face more doesn't teach you to defend better, perfecting the technique independently and then executing it during sparring will improve your skills. Training on your own is important to physical and mental conditioning for a boxer. Unlike other martial arts, boxing is typically less structured – there are no choreographed katas/movements. The advantage to this is that the training encourages the boxer to adapt to situations and keep evolving – this is the definition of boxing. The downfall, it can be easy to lose track of the improvements needed and even the technical components you're achieving. Keeping a training log will act as an essential tool that will help create checks and balances. A training diary will also help you to steadily improve while not losing the progress you've made in other aspects of the sport.

Your Training Diary Should Include:

1. Date of workout or session
2. Main intent of workout session – if you were in a class or being coached
3. One or two (max) techniques or skills you struggled with
4. One or two (max) techniques or skills you were good at

Extra Items To Include:

- Drills or exercises you liked or helped you achieve goals
- Questions for coach

Important Notes:

- Keep the notes short and sweet
- Make the wording personal – no one needs to understand the context except you
- Logging consistently is key!