

Programme card template

Client's name:			
Warm-up			
CV equipment /activity	Time	Workload/target training zone	Notes
Warm-up stretches			
Main CV component			
Training system/ method:			
CV equipment /activity	Time	Workload/target training zone	Notes

Cool-down			
CV equipment /activity	Time	Workload/target training zone	Notes
Cool-down stretches			
How could the exercises in this session be adapted if the client were not able to participate as planned or if they were too easy?			

Overview for Weeks ____ to ____

	<u>CV</u>	<u>Resistance</u>
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