

Programme card template

Client's name: Enter the name of your client			
Warm-up			
CV equipment /activity	Time	Workload/target training zone	Notes
Choose a cardiovascular machine	A warmup should be around 5 minutes	The purpose of a warmup is to bring up the heart rate ready for exercise. Look to get your client at an RPE of 5/10	Make sure to make note of how to use whichever machine you use, safety points such as feet positioning etc
Warm-up stretches			
List all of the dynamic stretches you intend to get your client to do. Make sure each stretch is around 10-20 reps or 10-20 seconds.			
Main CV component			
Training system/ method: Mention what cardio method you will be using. You have the options of Continuous , HIIT or Fartlek			
CV equipment /activity	Time	Workload/target training zone	Notes
Choose a cardiovascular machine	Choose a time depending on the cardio method chosen	Depend on the type of cardio. Continuous: RPE of around 7/10 HIIT and Fartlek: RPE higher during intense and RPE lower when in steady state	Make sure to make note of how to use whichever machine you use, safety points such as feet positioning etc

Cool-down			
CV equipment /activity	Time	Workload/target training zone	Notes
Mention cardio equipment used	It's a cool-down so keep it short, around 5 minutes	You want to bring down your RPE from around 7 to around 5	Make sure to make note of how to use whichever machine you use, safety points such as feet positioning etc
Cool-down stretches			
<p>Write down all the cool-down stretches you will do. Make sure to get your client to hold each stretch for 10-20 seconds. If you've done a whole body workout, make sure that the selection of stretches will target each muscle.</p>			
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?			
<p>Make sure to note how each exercise can be progressed or regressed depending on your clients ability.</p> <p>Examples include: Lat pulldown - Decrease weight - Pull-ups Press-ups - Go onto knees - Change hand placement</p> <p>Include a progression and regression for each resistance exercise.</p>			

	<u>CV</u>	<u>Resistance</u>
F	F stands for frequency, so how many times per week, will you be doing cardio and resistance training? Mention in the boxes	
I	Talk about the intensity. Mention how you want your clients to have an RPE of around 7 in the main workout.	
T	How long is the cardio in your session and how long is the resistance part of your session. Timing's don't need to be exact, but give a good gauge.	
T	Mention the types of cardio and resistance included. For cardio is it resistance or HIIT? For resistance you will most likely be doing Multi sets	