**A black and grey logo

Description automatically generated with low confidenceCardio Training Session - Initial**

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| --- | --- | --- | --- | --- | --- |
| **Client Name** | Franklin Roach | | | | |
| **Session notes** | Wear Polaris Heart Rate monitor and keep your HR within the range below | | | | |
| **Session Plan** | | | | | |
| **Warm-up** | 4-minute gentle walk with heart rate staying under 120bpm  Dynamic stretches for 10 reps on each side:   * Leg Swings * Calf Pumps * Open the Gate | | | | |
| **Exercise Type** | **Time/Distance** | **Intensity (% of MHR)** | **RPE** | **Rest** | **Sets** |
|  |  |  |  |  |  |
| Waterfront Brisk Walk | 30 minutes | 70 – 80% of MHR  120 – 130bpm | 6 | N/A | 1 |
|  |  |  |  |  |  |
| **Cool down** | Static Stretches for 30 seconds per stretch:   * Quad Stretch * Hip Flexor Stretch * Hamstring Stretch * Calf Stretch * Glute Stretch | | | | |