**Cardio 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 120bpmDynamic 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 MHR120 – 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
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