|  |  |
| --- | --- |
| Athlete and sport details: |  |
| Mesocycle details: |  |
| Component of Fitness Targeted: |  |
| Equipment Required |  |
| Session notes: |  |
| SESSION PLAN | |
| WARM UP:  *(xxx MINUTES)* |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| EXERCISE ORDER | SETS | REPS | LOAD (%) | TEMPO | REST |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| COOL DOWN: |  | | | | |
| Training units calculated:  *(RPE scale x duration (mins))* |  | | | | |