**Resistance Training Session Template**

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| **Athlete & Sport Details** |  |
| **Mesocycle details** |  |
| **Component of Fitness Targeted** |  |
| **Equipment Required** |  |
| **Session notes** |  |
| **Session Plan** |
| **Warm up** |  |
| **Exercise Order** | **Sets** | **Reps** | **Load (%)** | **Tempo** | **Rest** |
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| **Training units calculated**(RPE scale x duration (mins)) |  |