**A black and grey logo

Description automatically generated with low confidenceA black and grey logo

Description automatically generated with low confidenceResistance 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)) |  | | | | |