

WE HAVE A PHYSICAL FITNESS TRAINING PLAN

<i>Session 1: train strength, stamina and flexibility</i> Date: _____	
<i>Name and surname</i>	
<i>My classmate:</i>	

<i>Maximum heart rate:</i>	<i>Heart rate zone 2 (60-70%)</i>

<i>CIRCUIT TRAINING 2 sets of 10 repetitions (rest 2' between sets)</i>			
<i>Muscles:</i>	<i>Muscles:</i>	<i>Muscles:</i>	<i>Muscles:</i>
<i>Muscles:</i>	<i>Muscles:</i>	<i>Muscles:</i>	<i>Muscles:</i>

<i>ENDURANCE TRAINING 20', Continuous Race / Cross Walk· Zone 2 (60-70%)· The heart rate should be between ____ and ____ bpm</i>			
<i>Time</i>	<i>Heart rate</i>	<i>Choose (X) one of the options or both</i>	
		<i>Continuous race</i>	<i>Cross walk</i>
<i>5'</i>			
<i>10'</i>			
<i>15'</i>			
<i>20'</i>			

<i>STRETCHING TRAINING, Active Static</i>			

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<i>Time:</i> <i>Muscles:</i>	<i>Time:</i> <i>Muscles:</i>	<i>Time:</i> <i>Muscles:</i>	<i>Time:</i> <i>Muscles:</i>
<i>Time:</i> <i>Muscles:</i>	<i>Time:</i> <i>Muscles:</i>	<i>Time:</i> <i>Muscles:</i>	<i>Time:</i> <i>Muscles:</i>

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Session 2: train strength, stamina and flexibility

Date: _____

<i>Name and surname</i>	
<i>My classmate:</i>	

ENDURANCE - STRENGTH TRAINING, Complete Training Zone 2 (60-70%). The heart rate should be between ____ and ____ bpm

Draw the training (10 drills: 6 drills lower limbs, 3 drills abdominal area y 1 lumbar area).

Do between 20 and 30 repetitions of each station.

Options:

- AMRAP 15'
- EMOM 15'

ENDURANCE TRAINING 15', Continuous Race / Cross Walk. Zone 2 (60-70%).

The heart rate should be between ____ and ____ bpm

Time	Heart rate	Continuous race	Cross walk
		Choose (X) one of the options or both	
5'			
10'			
15'			

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STRETCHING TRAINING, *Passive*

STRETCHING TRAINING, <i>Passive</i>			
<i>Time:</i> <i>Muscles:</i>	<i>Time:</i> <i>Muscles:</i>	<i>Time:</i> <i>Muscles:</i>	<i>Time:</i> <i>Muscles:</i>
<i>Time:</i> <i>Muscles:</i>	<i>Time:</i> <i>Muscles:</i>	<i>Time:</i> <i>Muscles:</i>	<i>Time:</i> <i>Muscles:</i>

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Session 3: train strength, stamina and flexibility

Date: _____

<i>Name and surname</i>	
<i>My classmate:</i>	

CIRCUIT TRAINING in pairs, 2 sets of 25'' work 35'' rest (rest 2' between sets)

<i>Muscles:</i>	<i>Muscles:</i>	<i>Muscles:</i>	<i>Muscles:</i>
<i>Muscles:</i>	<i>Muscles:</i>	<i>Muscles:</i>	<i>Muscles:</i>

ENDURANCE TRAINING 20': fartlek 10' Zone 3 (70-80%), Continuous race 10' Zone 2 (60-70%) · The heart rate should be between ____ and ____ bpm and ____ and ____ bpm.

<i>Time</i>	<i>Rounds</i>	<i>Heart rate</i>
<i>5'</i>		
<i>10'</i>		
<i>15'</i>		
<i>20'</i>		

STRETCHING TRAINING, Active Static

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<i>Time:</i> <i>Muscles:</i>	<i>Time:</i> <i>Muscles:</i>	<i>Time:</i> <i>Muscles:</i>	<i>Time:</i> <i>Muscles:</i>
<i>Time:</i> <i>Muscles:</i>	<i>Time:</i> <i>Muscles:</i>	<i>Time:</i> <i>Muscles:</i>	<i>Time:</i> <i>Muscles:</i>

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Session 4: train strength, stamina and flexibility

Date: _____

Name and surname

My classmate:

ENDURANCE-STRENGTH TRAINING: Total training: Complete Training Zone 2 (60-70%).

The heart rate should be between _____ and _____ bpm

Draw the training (5 drills with 3' continuous race between drills)

<i>Time</i>	<i>Heart rate</i>	<i>Continuous race</i>	<i>Cross walk</i>
<i>3'</i>			
<i>6'</i>			
<i>9'</i>			
<i>12'</i>			
<i>15'</i>			

ENDURANCE TRAINING 10', Continuous Race / Cross Walk. Zone 2 (60-70%).

The heart rate should be between _____ and _____ bpm

<i>Time</i>	<i>Heart rate</i>	<i>Choose (X) one of the options or both</i>

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		<i>Continuous race</i>	<i>Cross walk</i>
<i>5'</i>			
<i>10'</i>			

STRETCHING TRAINING, PNF			
<i>Time:</i> <i>Muscles:</i>	<i>Time:</i> <i>Muscles:</i>	<i>Time:</i> <i>Muscles:</i>	<i>Time:</i> <i>Muscles:</i>
<i>Time:</i> <i>Muscles:</i>	<i>Time:</i> <i>Muscles:</i>	<i>Time:</i> <i>Muscles:</i>	<i>Time:</i> <i>Muscles:</i>

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<i>Session 5: train stamina and flexibility</i> Date: _____	
<i>Name and surname</i>	
<i>My classmate:</i>	

ENDURANCE TRAINING Zone 2 (60-70%)· The heart rate should be between ____ and ____ bpm

<i>Time</i>	<i>Heart rate when you stop exercising</i>	<i>Choose (X) one of the options or both</i>		<i>Bike</i>
		<i>Continuous race</i>	<i>Cross walk</i>	
<i>25'/30'/1h10'</i>				

Insert the track you have done· Don't forget to turn on your GPS·