

WE HAVE A PHYSICAL FITNESS TRAINING PLAN

Session 1: train stamina and flexibility

Date: _____

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

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

ENDURANCE TRAINING 15', 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>	
		<i>Continuous race</i>	<i>Cross walk</i>
<i>5'</i>			
<i>10'</i>			
<i>15'</i>			

STRETCHING TRAINING, Active Static

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

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Session 2: train strength 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´*

STRETCHING TRAINING, Pasive

<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>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: _____

Name and surname

My classmate:

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

Muscles:	Muscles:	Muscles:	Muscles:
Muscles:	Muscles:	Muscles:	Muscles:

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.

Time	Rounds	Heart rate
5'		
10'		
15'		
20'		

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>