**Programme card template**

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| **Client’s name:**  |
| **Warm-up** |
| **CV equipment /activity** | **Time** | **Workload/target training zone** | **Notes** |
|  |  |  |  |
| **Mobility exercises** |
|  |
| **Warm-up stretches** |
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| **Main CV component** |
| **Training system/ method:** |
| **CV equipment /activity** | **Time** | **Workload/target training zone** | **Notes**  |
|  |  |  |  |
| **Main resistance training section (note- ‘AFE’ = alternative functional equipment)** |
| **Training system/ method:** |
| **Exercise** | **RM/ FW/ BW/ AFE** | **Set/reps** | **Resistance** | **Notes** |
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| **Cool-down** |
| **CV equipment /activity** | **Time** | **Workload/target training zone** | **Notes** |
|  |  |  |  |
| **Cool-down stretches (please include duration of hold)** |
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| **How could the exercises in this session be adapted if the client were not able to participate as planned or if they were too easy?** |
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