**Session plan**

**Please use one row per exercise/activity (using the “tab) key will add more rows**

|  |  |  |
| --- | --- | --- |
| **Warm-up (relevant CV exercise, stretching, mobilisation)** | | |
| **Duration** | | |
| **Exercise / Activity (and purpose)** | **Instructions (frequency, intensity, timings etc** | **Alternatives / modifications for individual exercises and equipment selection** |
|  | **intensity, timings etc.)** | **individual exercises and** |
|  |  | **equipment selection** |
|  |  |  |
|  |  |  |
|  |  |  |

|  |  |  |
| --- | --- | --- |
| **Main Session** | | |
| **Duration** | | |
| **Exercise / Activity (and purpose)** | **Instructions (frequency, intensity, timings etc** | **Alternatives / modifications for individual exercises and equipment selection** |
|  | **intensity, timings etc.)** | **individual exercises and** |
|  |  | **equipment selection** |
|  |  |  |
|  |  |  |
|  |  |  |

**Main session**

|  |  |  |
| --- | --- | --- |
| **Cool Down (relevant CV exercise, flexibility)** | | |
| **Duration** | | |
| **Exercise / Activity (and purpose)** | **Instructions (frequency, intensity, timings etc** | **Alternatives / modifications for individual exercises and equipment selection** |
|  | **intensity, timings etc.)** | **individual exercises and** |
|  |  | **equipment selection** |
|  |  |  |
|  |  |  |
|  |  |  |