**Session plan**

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

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| **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** |
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| **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** |
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**Main session**

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| **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** |
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