



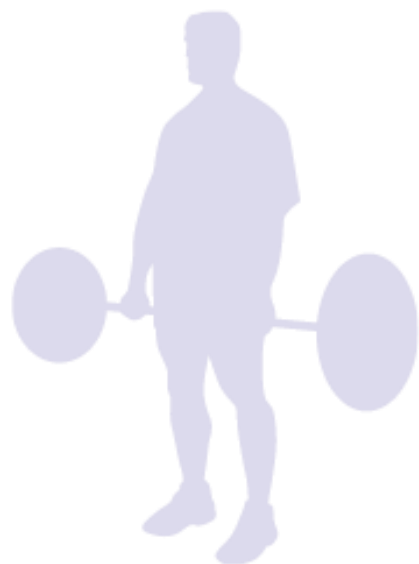
# Training Programme Templates

Warm-up Type	Total Time	Reps / Pace	Sets	Exercise						
				Regression	Starting	Progression	Loading (% 1RM)	Weight (kg)	Sets	Reps/Time
Cardiovascular Warm-up										
Muscular warm-up										
Main Training Day	Exercise			Loading (% 1RM)	Weight (kg)	Sets	Reps/Time	Rest Time	ECC:ISO:CON	
	Regression	Starting	Progression							
Day 1 (Insert training type)										
Day 2 (Insert training type)										
Day 3 (Insert training type)										

Day 4 (Insert training type)									
Day 5 (Insert training type)									
Day 6 (Insert training type)									
Cool Down	Sets	Time	Muscle / Equipment						
			Max Heart Rate			Training Zone (HR%)		Beats Per Min (BPM)	
Cardiovascular									
Static Stretches									

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