



Aerobic Exercise – Weekly Program Card



Session #1				Session #2			
WARM-UP		<u>Time:</u>		WARM-UP		<u>Time:</u>	

EXERCISES	CONTINUOUS		HIIT TRAINING		EXERCISES	CONTINUOUS		HIIT TRAINING	
	<u>Time</u>	<u>Level</u>	<u>Work : Rest</u>	<u>Reps : RPE</u>		<u>Time</u>	<u>Level</u>	<u>Work : Rest</u>	<u>Reps : RPE</u>
#1 -					#1 -				
#2 -					#2 -				
#3 -					#3 -				

STRETCHES		SESSION RPE		STRETCHES		SESSION RPE	
MAX HR		AVG HR		MAX HR		AVG HR	

Session #3				Session #4			
WARM-UP		<u>Time:</u>		WARM-UP		<u>Time:</u>	

EXERCISES	CONTINUOUS		HIIT TRAINING		EXERCISES	CONTINUOUS		HIIT TRAINING	
	<u>Time</u>	<u>Level</u>	<u>Work : Rest</u>	<u>Reps : RPE</u>		<u>Time</u>	<u>Level</u>	<u>Work : Rest</u>	<u>Reps : RPE</u>
#1 -					#1 -				
#2 -					#2 -				
#3 -					#3 -				

STRETCHES		SESSION RPE		STRETCHES		SESSION RPE	
MAX HR		AVG HR		MAX HR		AVG HR	

Comments: _____