



# Aerobic Exercise – Weekly Program Card



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

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

<b>STRETCHES</b>		<b>SESSION RPE</b>		<b>STRETCHES</b>		<b>SESSION RPE</b>	
<b>MAX HR</b>		<b>AVG HR</b>		<b>MAX HR</b>		<b>AVG HR</b>	

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

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

<b>STRETCHES</b>		<b>SESSION RPE</b>		<b>STRETCHES</b>		<b>SESSION RPE</b>	
<b>MAX HR</b>		<b>AVG HR</b>		<b>MAX HR</b>		<b>AVG HR</b>	

**Comments:** \_\_\_\_\_