**CONTINUOUS TRAINING SESSION 1.**

|  |  |
| --- | --- |
| DATE: |  |
| RESTING HEART RATE: |  |
| WARM UP: |  |

|  |  |  |
| --- | --- | --- |
| ACTIVITY | TARGET INTENSITY | TARGET TIME |
|  |  |  |

|  |
| --- |
| COOL DOWN: |

|  |
| --- |
| EVALUATION OF SESSION: |