

Client Name: Lauren Tope

Major Goal: Cardio speed advancement

Risk Factor & Screening

Risk Stratification: Low

Major Risk Factors: None

Tests & Assessments

1.5 or 2 mile run time: 1.5 mile in 11:59 min

1 min Push-up: 25

Sit and Reach Test: 15 inches

SMART Goals & Needs

Goals include the *THREE* top areas for improvement, and may be influenced by test results.

1. I want to run 3 miles in 25:00 minutes in 5 weeks by doing interval training 3 times a week and increasing speed 5% per week.
2. I want to do 35 push-ups in one minute in 5 weeks by starting at 25 and increasing by 2 push-ups per week.
3. I want to improve my Sit and Reach test result to 17 inches in 5 weeks by holding the stretch for 30 seconds daily.

Training Zones

How hard will your exercise during cardio? Set these using % MHR or RPE ranges.

1. 143 bpm (60%)-155 bpm (75%)
2. 155 bpm (75%)- 180 bpm (90%)
3. 180 bpm (90%)+

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Interval Running Exercise Day 1

5 minute warm-up at 100 bpm (25%)

Run 5 minutes at 143 bpm (60%)

Run 2 minutes at 155 bpm (75%)

Run 5 minutes at 143 bpm (60%)

Run 2 minutes at 168 bpm (80%)

Run 5 minutes at 155 bpm (75%)

Run 2 minutes at 180 bpm (90%)

Run 5 minutes at 149 bpm (65%)

Run 2 minutes at 174 bpm (85%)

5 minute cool-down at less than 100 bpm (25%)

Training Session Notes

<u>Cardio NAME</u>
Frequency:
Intensity
Time:
Type:
Notes:

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