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| **PERIODIZED PLAN** |
| **Macrocycle/ Long-term goal(s)** |
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| **Mesocycle 1/ Medium-term goal(s)** | **Mesocycle 2/ Medium-term goal(s)** | **Mesocycle 3/ Medium-term goal(s)** |
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| **Microcycle 1:** | **Microcycle 2:** | **Microcycle 3:** | **Microcycle 4:** | **Microcycle 5:** | **Microcycle 6:** | **Microcycle 7:** | **Microcycle 8:** | **Microcycle 9:** | **Microcycle 10:** | **Microcycle 11:** | **Microcycle 12:** |

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| **SESSION PLAN** |
| **Client’s Name** |  | **Phase of Training** |  |
| **Warm-Up - Raise** |
| **Equipment/****Activity** | **Time** | **Intensity** | **Notes** |
|  |  |  |  |
| **Warm-Up DROMEs – Dynamic Range of Motion Exercises** |
|  |  |  |  |
| **Main Resistance Training** |
| **Exercise** | **Equipment** | **Set/Reps/****Intensity** | **Notes** |
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| **Equipment/****Activity** | **Training System** | **Time** | **Intensity** | **Notes** |
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| **Cool-Down** |
| **Equipment/****Activity** | **Time** | **Intensity** | **Notes** |
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| **Cool-Down Flexibility** |
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| **SESSION PLAN** |
| **Client’s Name** |  | **Phase of Training** |  |
| **Warm-Up - Raise** |
| **Equipment/****Activity** | **Time** | **Intensity** | **Notes** |
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| **Warm-Up DROMEs – Dynamic Range of Motion Exercises** |
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| **Main Resistance Training** |
| **Exercise** | **Equipment** | **Set/Reps/****Intensity** | **Notes** |
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| **Equipment/****Activity** | **Training System** | **Time** | **Intensity** | **Notes** |
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| **Cool-Down** |
| **Equipment/****Activity** | **Time** | **Intensity** | **Notes** |
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| **Cool-Down Flexibility** |
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| **Session Plan** |
| **Client’s Name** |  | **Phase of Training** |  |
| **Warm-Up - Raise** |
| **Equipment/****Activity** | **Time** | **Intensity** | **Notes** |
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| **Warm-Up DROMEs – Dynamic Range of Motion Exercises** |
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| **Main Resistance Training** |
| **Exercise** | **Equipment** | **Set/Reps/****Intensity** | **Notes** |
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| **Equipment/****Activity** | **Training System** | **Time** | **Intensity** | **Notes** |
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| **Cool-Down** |
| **Equipment/****Activity** | **Time** | **Intensity** | **Notes** |
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| **Cool-Down Flexibility** |
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