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| **NAME**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | | |  | | |
| **DATE** | / / |  | **LOCATION\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | | | | | | |
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| **WARM UP ACTIVITY** | **TIME** | **DISTANCE (S)** | | | **SETS** | **REPS** | | **INTENSITY / RPE\*** | | |
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| **ANAEROBIC TRAINING (WEIGHTS, CIRCUIT, PLYOMETRICS, SHORT & INTERMEDIATE INTERVAL)** |  |  | | |  |  | |  | | |
| **EXERCISES** | **SETS** | **REPS** | | | **RESISTANCE** | | | **WORK:REST TIME (sec)** | | |
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| **AEROBIC TRAINING (CONTINUOUS, FARTLEK, LONG INTERVAL)** |  |  | | |  | | |  | | |
| **EXERCISES** | **TIME** | **DISTANCE(S)** | | | **TARGET HR** | | | **INTENSITY / RPE\*** | | |
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| **FLEXIBILITY TRAINING (PNF, STATIC ,DYNAMIC)** | | | | |  |  | |
| **EXERCISES** | **SETS** | **REPS** | | | **"FLEX" TIME** | | | **WORK:REST TIME (sec)** | | |
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| **WARM DOWN ACTIVITY** | **TIME** | **DISTANCE(S)** | | | **SETS** | **REPS** | | **INTENSITY / RPE\*** | | |
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