

*Copy and paste from learning A*

Day	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Monday						
Tuesday						
Wednesday	Rest and Recover.	Rest and Recovery.	Rest and Recover.	Rest and Recovery.	Rest and Recover.	Rest and Recovery.
Thursday						
Friday						
Saturday	Rest and Recovery.	Rest and Recovery.	Rest and Recover.	Rest and Recovery.	Rest and Recover.	Rest and Recovery.
Sunday						

# Week 1

<u>Week 1</u>	<u>Training</u>
<b><u>Monday</u></b>  Date:  Location:  Time:	<b><u>Aims and objectives:</u></b> <b>Aims:</b>  <b><u>Objectives:</u></b>  <b><u>Training type:</u></b>  <b><u>Warm up:</u></b>  <b><u>Main activity:</u></b>   <b><u>Cool down:</u></b>   <b><u>Equipment required:</u></b>  <b><u>Safety:</u></b>  <b><u>What went well?</u></b>   <b><u>Progressive overload:</u></b>  <b><u>Intensity:</u></b>  <b><u>Before</u></b>  <b><u>During</u></b>  <b><u>After</u></b>  <b>Motivation before the session:</b> <b>Motivation after the session:</b>  <b><u>Barriers:</u></b>
<b><u>Tuesday</u></b>  Date:  Location:  Time:	<b><u>Aims and objectives:</u></b>  <b>Aims:</b>  <b>Objective:</b>  <b>Training type:</b>

	<p><u>Warm up:</u></p> <p><u>Main activity:</u></p> <p><u>Cool down:</u></p> <p><u>Equipment required:</u></p> <p><u>Safety:</u></p> <p><u>What went well?</u></p> <p><u>Before</u></p> <p><u>Progressive overload:</u></p> <p><u>Intensity:</u></p> <p><u>During:</u></p> <p><u>After:</u></p> <p>Motivation from beginning of the session: Motivation at the end of the session:</p> <p><u>Barriers:</u></p>
<u>Wednesday</u>	<u>Rest and Recovery</u>
<p><u>Thursday</u></p> <p>Date:</p> <p>Location:</p> <p>Time:</p>	<p><u>Aims and objectives:</u></p> <p><u>Training type:</u></p> <p><u>Warm up:</u></p> <p><u>Main activity:</u></p> <p><u>Cool down:</u></p> <p><u>Equipment required:</u></p> <p><u>Safety:</u></p> <p><u>What went well?</u></p> <p><u>Progressive overload</u></p> <p><u>Intensity</u></p> <p><u>Before</u></p>

	<p><u>During</u></p> <p><u>After</u></p> <p>Motivation before session: Motivation after session:</p> <p><u>Barriers</u></p>
<p><u>Friday</u></p> <p>Date:</p> <p>Location:</p> <p>Time:</p>	<p><u>Aims and objectives:</u></p> <p><u>Training type:</u></p> <p><u>Warm up:</u></p> <p><u>Main activity:</u></p> <p><u>Cool down:</u></p> <p><u>Equipment required:</u></p> <p><u>Safety:</u></p> <p><u>What went well?</u></p> <p><u>Progressive overload</u></p> <p><u>Intensity</u></p> <p><u>Before</u></p> <p><u>During</u></p> <p><u>After</u></p> <p>Motivation before session: Motivation after session:</p> <p><u>Barriers</u></p>
<u>Saturday</u>	<u>Rest and Recovery</u>
<p><u>Sunday</u></p> <p>Date:</p> <p>Location:</p> <p>Time:</p>	<p><u>Aims and objectives:</u></p> <p><u>Training type:</u></p> <p><u>Warm up:</u></p> <p><u>Main activity:</u></p>

**Cool down:**

**Equipment required:**

**Safety:**

**What went well?**

**Progressive overload**

**Intensity**

**Before**

**During**

**After**

**Motivation before session:**

**Motivation after session:**

**Barriers**

# Week 2

<u>Week 2</u>	<u>Training</u>
<b><u>Monday</u></b>  Date:  Location:  Time:	<b><u>Aims and objectives:</u></b> <b>Aims:</b>  <b><u>Objectives:</u></b>  <b><u>Training type:</u></b>  <b><u>Warm up:</u></b>  <b><u>Main activity:</u></b>     <b><u>Cool down:</u></b>    <b><u>Equipment required:</u></b>  <b><u>Safety:</u></b>  <b><u>What went well?</u></b>    <b><u>Progressive overload:</u></b>  <b><u>Intensity:</u></b>   <b><u>Before</u></b>  <b><u>During</u></b>  <b><u>After</u></b>  <b>Motivation before the session:</b> <b>Motivation after the session:</b>  <b><u>Barriers:</u></b>
<b><u>Tuesday</u></b>  Date:	<b><u>Aims and objectives:</u></b>  <b>Aims:</b> <b>Objective:</b>

<p><b>Location:</b></p> <p><b>Time:</b></p>	<p><b>Training type:</b></p> <p><u><b>Warm up:</b></u></p> <p><u><b>Main activity:</b></u></p> <p><u><b>Cool down:</b></u></p> <p><u><b>Equipment required:</b></u></p> <p><u><b>Safety:</b></u></p> <p><u><b>What went well?</b></u></p> <p><u><b>Before</b></u></p> <p><u><b>Progressive overload:</b></u></p> <p><b>Intensity:</b></p> <p><u><b>During</b></u></p> <p><u><b>After</b></u></p> <p><b>Motivation from beginning of the session:</b></p> <p><b>Motivation at the end of the session:</b></p> <p><u><b>Barriers:</b></u></p>
<b>Wednesday</b>	<b>Rest and Recovery</b>
<p><u><b>Thursday</b></u></p> <p><b>Date:</b></p> <p><b>Location:</b></p> <p><b>Time:</b></p>	<p><u><b>Aims and objectives:</b></u></p> <p><u><b>Training type:</b></u></p> <p><u><b>Warm up:</b></u></p> <p><u><b>Main activity:</b></u></p> <p><u><b>Cool down:</b></u></p> <p><u><b>Equipment required:</b></u></p> <p><u><b>Safety:</b></u></p> <p><u><b>What went well?</b></u></p> <p><u><b>Progressive overload</b></u></p> <p><u><b>Intensity</b></u></p>

	<p><u>Before</u></p> <p><u>During</u></p> <p><u>After</u></p> <p>Motivation before session: Motivation after session:</p> <p><u>Barriers</u></p>
<p><u>Friday</u></p> <p>Date:</p> <p>Location:</p> <p>Time:</p>	<p><u>Aims and objectives:</u></p> <p><u>Training type:</u></p> <p><u>Warm up:</u></p> <p><u>Main activity:</u></p> <p><u>Cool down:</u></p> <p><u>Equipment required:</u></p> <p><u>Safety:</u></p> <p><u>What went well?</u></p> <p><u>Progressive overload</u></p> <p><u>Intensity</u></p> <p><u>Before</u></p> <p><u>During</u></p> <p><u>After</u></p> <p>Motivation before session: Motivation after session:</p> <p><u>Barriers</u></p>
<u>Saturday</u>	<u>Rest and Recovery</u>
<p><u>Sunday</u></p> <p>Date:</p> <p>Location:</p>	<p><u>Aims and objectives:</u></p> <p><u>Training type:</u></p> <p><u>Warm up:</u></p>



<b>Time:</b>	<u>Main activity:</u>  <u>Cool down:</u>  <u>Equipment required:</u>  <u>Safety:</u>  <u>What went well?</u>  <u>Progressive overload</u>  <u>Intensity</u>  <u>Before</u>  <u>During</u>  <u>After</u>  <b>Motivation before session:</b> <b>Motivation after session:</b>  <u>Barriers</u>
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# Week 3

<u>Week 3</u>	<u>Training</u>
<u>Monday</u>  Date:	<u>Aims and objectives:</u> Aims:

<p><b>Location:</b></p> <p><b>Time:</b></p>	<p><b>Objectives:</b></p> <p><b><u>Training type:</u></b></p> <p><b><u>Warm up:</u></b></p> <p><b><u>Main activity:</u></b></p> <p><b><u>Cool down:</u></b></p> <p><b><u>Equipment required:</u></b></p> <p><b><u>Safety:</u></b></p> <p><b><u>What went well?</u></b></p> <p><b><u>Progressive overload:</u></b></p> <p><b><u>Intensity:</u></b></p> <p><b><u>Before</u></b></p> <p><b><u>During</u></b></p> <p><b><u>After</u></b></p> <p><b>Motivation before the session:</b></p> <p><b>Motivation after the session:</b></p> <p><b><u>Barriers:</u></b></p>
<p><b><u>Tuesday</u></b></p> <p><b>Date:</b></p> <p><b>Location:</b></p> <p><b>Time:</b></p>	<p><b><u>Aims and objectives:</u></b></p> <p><b>Aims:</b></p> <p><b>Objective:</b></p> <p><b>Training type:</b></p> <p><b><u>Warm up:</u></b></p> <p><b><u>Main activity:</u></b></p> <p><b><u>Cool down:</u></b></p> <p><b><u>Equipment required:</u></b></p> <p><b><u>Safety:</u></b></p>

	<p><u>What went well?</u></p> <p><u>Before</u></p> <p><u>Progressive overload:</u></p> <p>Intensity:</p> <p><u>During</u></p> <p><u>After</u></p> <p>Motivation from beginning of the session: Motivation at the end of the session:</p> <p><u>Barriers:</u></p>
<u>Wednesday</u>	<u>Rest and Recovery</u>
<p><u>Thursday</u></p> <p>Date:</p> <p>Location:</p> <p>Time:</p>	<p><u>Aims and objectives:</u></p> <p><u>Training type:</u></p> <p><u>Warm up:</u></p> <p><u>Main activity:</u></p> <p><u>Cool down:</u></p> <p><u>Equipment required:</u></p> <p><u>Safety:</u></p> <p><u>What went well?</u></p> <p><u>Progressive overload</u></p> <p><u>Intensity</u></p> <p><u>Before</u></p> <p><u>During</u></p> <p><u>After</u></p> <p>Motivation before session: Motivation after session:</p> <p><u>Barriers</u></p>

<p><b><u>Friday</u></b></p> <p><b>Date:</b></p> <p><b>Location:</b></p> <p><b>Time:</b></p>	<p><b><u>Aims and objectives:</u></b></p> <p><b><u>Training type:</u></b></p> <p><b><u>Warm up:</u></b></p> <p><b><u>Main activity:</u></b></p> <p><b><u>Cool down:</u></b></p> <p><b><u>Equipment required:</u></b></p> <p><b><u>Safety:</u></b></p> <p><b><u>What went well?</u></b></p> <p><b><u>Progressive overload</u></b></p> <p><b><u>Intensity</u></b></p> <p><b><u>Before</u></b></p> <p><b><u>During</u></b></p> <p><b><u>After</u></b></p> <p><b>Motivation before session:</b></p> <p><b>Motivation after session:</b></p> <p><b><u>Barriers</u></b></p>
<p><b><u>Saturday</u></b></p>	<p><b><u>Rest and Recovery</u></b></p>
<p><b><u>Sunday</u></b></p> <p><b>Date:</b></p> <p><b>Location:</b></p> <p><b>Time:</b></p>	<p><b><u>Aims and objectives:</u></b></p> <p><b><u>Training type:</u></b></p> <p><b><u>Warm up:</u></b></p> <p><b><u>Main activity:</u></b></p> <p><b><u>Cool down:</u></b></p> <p><b><u>Equipment required:</u></b></p> <p><b><u>Safety:</u></b></p> <p><b><u>What went well?</u></b></p> <p><b><u>Progressive overload</u></b></p>

	<p><b><u>Intensity</u></b></p> <p><b><u>Before</u></b></p> <p><b><u>During</u></b></p> <p><b><u>After</u></b></p> <p><b>Motivation before session:</b> <b>Motivation after session:</b></p> <p><b><u>Barriers</u></b></p>
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# Week 4

<u>Week 4</u>	<u>Training</u>
<p><b><u>Monday</u></b></p> <p><b>Date:</b></p> <p><b>Location:</b></p> <p><b>Time:</b></p>	<p><b><u>Aims and objectives:</u></b></p> <p><b>Aims:</b></p> <p><b>Objectives:</b></p> <p><b><u>Training type:</u></b></p> <p><b><u>Warm up:</u></b></p> <p><b><u>Main activity:</u></b></p>

	<p><u>Cool down:</u></p> <p><u>Equipment required:</u></p> <p><u>Safety:</u></p> <p><u>What went well?</u></p> <p><u>Progressive overload:</u></p> <p><u>Intensity:</u></p> <p><u>Before</u></p> <p><u>During</u></p> <p><u>After</u></p> <p>Motivation before the session: Motivation after the session:</p> <p><u>Barriers:</u></p>
<p><u>Tuesday</u></p> <p>Date:</p> <p>Location:</p> <p>Time:</p>	<p><u>Aims and objectives:</u></p> <p>Aims: Objective:</p> <p>Training type:</p> <p><u>Warm up:</u></p> <p><u>Main activity:</u></p> <p><u>Cool down:</u></p> <p><u>Equipment required:</u></p> <p><u>Safety:</u></p> <p><u>What went well?</u></p> <p><u>Before</u></p> <p><u>Progressive overload:</u></p> <p>Intensity:</p>

	<p><u>During</u></p> <p><u>After</u></p> <p>Motivation from beginning of the session: Motivation at the end of the session:</p> <p><u>Barriers:</u></p>
<u>Wednesday</u>	<u>Rest and Recovery</u>
<p><u>Thursday</u></p> <p>Date:</p> <p>Location:</p> <p>Time:</p>	<p><u>Aims and objectives:</u></p> <p><u>Training type:</u></p> <p><u>Warm up:</u></p> <p><u>Main activity:</u></p> <p><u>Cool down:</u></p> <p><u>Equipment required:</u></p> <p><u>Safety:</u></p> <p><u>What went well?</u></p> <p><u>Progressive overload</u></p> <p><u>Intensity</u></p> <p><u>Before</u></p> <p><u>During</u></p> <p><u>After</u></p> <p>Motivation before session: Motivation after session:</p> <p><u>Barriers</u></p>
<p><u>Friday</u></p> <p>Date:</p> <p>Location:</p> <p>Time:</p>	<p><u>Aims and objectives:</u></p> <p><u>Training type:</u></p> <p><u>Warm up:</u></p> <p><u>Main activity:</u></p> <p><u>Cool down:</u></p>

	<p><u>Equipment required:</u></p> <p><u>Safety:</u></p> <p><u>What went well?</u></p> <p><u>Progressive overload</u></p> <p><u>Intensity</u></p> <p><u>Before</u></p> <p><u>During</u></p> <p><u>After</u></p> <p>Motivation before session: Motivation after session:</p> <p><u>Barriers</u></p>
<b>Saturday</b>	<b><u>Rest and Recovery</u></b>
<p><u>Sunday</u></p> <p>Date:</p> <p>Location:</p> <p>Time:</p>	<p><u>Aims and objectives:</u></p> <p><u>Training type:</u></p> <p><u>Warm up:</u></p> <p><u>Main activity:</u></p> <p><u>Cool down:</u></p> <p><u>Equipment required:</u></p> <p><u>Safety:</u></p> <p><u>What went well?</u></p> <p><u>Progressive overload</u></p> <p><u>Intensity</u></p> <p><u>Before</u></p> <p><u>During</u></p> <p><u>After</u></p> <p>Motivation before session:</p>



	<b>Motivation after session:</b>  <u>Barriers</u>
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# Week 5

<u>Week 5</u>	<u>Training</u>
<b>Monday</b>  <b>Date:</b>  <b>Location:</b>  <b>Time:</b>	<u>Aims and objectives:</u> <b>Aims:</b>  <b>Objectives:</b>  <u>Training type:</u>  <u>Warm up:</u>  <u>Main activity:</u>  <u>Cool down:</u>  <u>Equipment required:</u>  <u>Safety:</u>  <u>What went well?</u>

	<p><b><u>Progressive overload:</u></b></p> <p><b><u>Intensity:</u></b></p> <p><b><u>Before</u></b></p> <p><b><u>During</u></b></p> <p><b><u>After</u></b></p> <p><b>Motivation before the session:</b>  <b>Motivation after the session:</b></p> <p><b><u>Barriers:</u></b></p>
<p><b><u>Tuesday</u></b></p> <p><b>Date:</b></p> <p><b>Location:</b></p> <p><b>Time:</b></p>	<p><b><u>Aims and objectives:</u></b></p> <p><b>Aims:</b>  <b>Objective:</b></p> <p><b>Training type:</b></p> <p><b><u>Warm up:</u></b></p> <p><b><u>Main activity:</u></b></p> <p><b><u>Cool down:</u></b></p> <p><b><u>Equipment required:</u></b></p> <p><b><u>Safety:</u></b></p> <p><b><u>What went well?</u></b></p> <p><b><u>Before</u></b></p> <p><b><u>Progressive overload:</u></b></p> <p><b>Intensity:</b></p> <p><b><u>During</u></b></p> <p><b><u>After</u></b></p> <p><b>Motivation from beginning of the session:</b>  <b>Motivation at the end of the session:</b></p> <p><b><u>Barriers:</u></b></p>

<u>Wednesday</u>	<u>Rest and Recovery</u>
<p><b><u>Thursday</u></b></p> <p><b>Date:</b></p> <p><b>Location:</b></p> <p><b>Time:</b></p>	<p><b><u>Aims and objectives:</u></b></p> <p><b><u>Training type:</u></b></p> <p><b><u>Warm up:</u></b></p> <p><b><u>Main activity:</u></b></p> <p><b><u>Cool down:</u></b></p> <p><b><u>Equipment required:</u></b></p> <p><b><u>Safety:</u></b></p> <p><b><u>What went well?</u></b></p> <p><b><u>Progressive overload</u></b></p> <p><b><u>Intensity</u></b></p> <p><b><u>Before</u></b></p> <p><b><u>During</u></b></p> <p><b><u>After</u></b></p> <p><b>Motivation before session:</b></p> <p><b>Motivation after session:</b></p> <p><b><u>Barriers</u></b></p>
<p><b><u>Friday</u></b></p> <p><b>Date:</b></p> <p><b>Location:</b></p> <p><b>Time:</b></p>	<p><b><u>Aims and objectives:</u></b></p> <p><b><u>Training type:</u></b></p> <p><b><u>Warm up:</u></b></p> <p><b><u>Main activity:</u></b></p> <p><b><u>Cool down:</u></b></p> <p><b><u>Equipment required:</u></b></p> <p><b><u>Safety:</u></b></p> <p><b><u>What went well?</u></b></p> <p><b><u>Progressive overload</u></b></p> <p><b><u>Intensity</u></b></p>

	<p><u>Before</u></p> <p><u>During</u></p> <p><u>After</u></p> <p>Motivation before session: Motivation after session:</p> <p><u>Barriers</u></p>
<b>Saturday</b>	<b><u>Rest and Recovery</u></b>
<p><u>Sunday</u></p> <p>Date:</p> <p>Location:</p> <p>Time:</p>	<p><u>Aims and objectives:</u></p> <p><u>Training type:</u></p> <p><u>Warm up:</u></p> <p><u>Main activity:</u></p> <p><u>Cool down:</u></p> <p><u>Equipment required:</u></p> <p><u>Safety:</u></p> <p><u>What went well?</u></p> <p><u>Progressive overload</u></p> <p><u>Intensity</u></p> <p><u>Before</u></p> <p><u>During</u></p> <p><u>After</u></p> <p>Motivation before session: Motivation after session:</p> <p><u>Barriers</u></p>

# Week 6

<u>Week 6</u>	<u>Training</u>
<u>Monday</u>	<u>Aims and objectives:</u>
<u>Date:</u>	<u>Aims:</u>
<u>Location:</u>	<u>Objectives:</u>
<u>Time:</u>	<u>Training type:</u>
	<u>Warm up:</u>
	<u>Main activity:</u>
	<u>Cool down:</u>
	<u>Equipment required:</u>
	<u>Safety:</u>
	<u>What went well?</u>
	<u>Progressive overload:</u>
	<u>Intensity:</u>
	<u>Before</u>
	<u>During</u>
	<u>After</u>

	<p>Motivation before the session: Motivation after the session:</p> <p><u>Barriers:</u></p>
<p><u>Tuesday</u></p> <p>Date:</p> <p>Location:</p> <p>Time:</p>	<p><u>Aims and objectives:</u></p> <p>Aims: Objective:</p> <p>Training type:</p> <p><u>Warm up:</u></p> <p><u>Main activity:</u></p> <p><u>Cool down:</u></p> <p><u>Equipment required:</u></p> <p><u>Safety:</u></p> <p><u>What went well?</u></p> <p><u>Before</u></p> <p><u>Progressive overload:</u></p> <p>Intensity:</p> <p><u>During</u></p> <p><u>After</u></p> <p>Motivation from beginning of the session: Motivation at the end of the session:</p> <p><u>Barriers:</u></p>
<u>Wednesday</u>	<u>Rest and Recovery</u>
<p><u>Thursday</u></p> <p>Date:</p> <p>Location:</p> <p>Time:</p>	<p><u>Aims and objectives:</u></p> <p><u>Training type:</u></p> <p><u>Warm up:</u></p> <p><u>Main activity:</u></p> <p><u>Cool down:</u></p> <p><u>Equipment required:</u></p>

	<p><u>Safety:</u></p> <p><u>What went well?</u></p> <p><u>Progressive overload</u></p> <p><u>Intensity</u></p> <p><u>Before</u></p> <p><u>During</u></p> <p><u>After</u></p> <p>Motivation before session: Motivation after session:</p> <p><u>Barriers</u></p>
<p><u>Friday</u></p> <p>Date:</p> <p>Location:</p> <p>Time:</p>	<p><u>Aims and objectives:</u></p> <p><u>Training type:</u></p> <p><u>Warm up:</u></p> <p><u>Main activity:</u></p> <p><u>Cool down:</u></p> <p><u>Equipment required:</u></p> <p><u>Safety:</u></p> <p><u>What went well?</u></p> <p><u>Progressive overload</u></p> <p><u>Intensity</u></p> <p><u>Before</u></p> <p><u>During</u></p> <p><u>After</u></p> <p>Motivation before session: Motivation after session:</p> <p><u>Barriers</u></p>

<b><u>Saturday</u></b>	<b><u>Rest and Recovery</u></b>
<b><u>Sunday</u></b>  <b>Date:</b>  <b>Location:</b>  <b>Time:</b>	<b><u>Aims and objectives:</u></b>  <b><u>Training type:</u></b>  <b><u>Warm up:</u></b>  <b><u>Main activity:</u></b>  <b><u>Cool down:</u></b>  <b><u>Equipment required:</u></b>  <b><u>Safety:</u></b>  <b><u>What went well?</u></b>  <b><u>Progressive overload</u></b>  <b><u>Intensity</u></b>  <b><u>Before</u></b>  <b><u>During</u></b>  <b><u>After</u></b>  <b>Motivation before session:</b> <b>Motivation after session:</b>  <b><u>Barriers</u></b>