

BASIC TRAINING PROGRAM

TRAINING HEART RATE RANGE OF: _____(50%) - _____(85%)

Date	Warm Up	Type of Exercise	Distance Miles/Laps	Exercise Heart Rate	Cool Down	Minutes at THRR

CALISTHENICS: Complete 2 sets of the required repetitions for each exercise. Record the number of repetitions completed.

EXERCISE	Required Repetitions	DATE			
		Warm Up			
High Jumper - Squat Thrust 	15	Set 1			
		Set 2			
Lunge Step (or Step Up) alternating 	40 Alternating	Set 1			
		Set 2			
Leg Curl 	20 Each Leg	Set 1			
		Set 2			
Crunches 	30	Set 1			
Abdominal Curl-Up w/Rotation (alternating) 	30 Alternating	Set 2			
Back Lift 	15	Set 1			
		Set 2			
Push Up 	25	Set 1			
		Set 2			
Pull -Ups (Palms away from you) 	10	Set 1			
Chin-Up (Palms toward you) 	10	Set 2			
Lateral Leg Lift 	25 Each Leg	Set 1			
		Set 2			
Criss-Cross Straddle (alternating) 	40 Alternating	Set 1			
		Set 2			
		Cool Down			