









# 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

**WEIGHT TRAINING:** Complete 2 sets of 30 repetitions for exercise 1. Complete 2 sets of 10 reps each for exercises 2 through 8. First determine and record your 1 repetition maximum for exercises 3-8. Next multiply each 1 rep max by .70 (70%) to calculate your working weight. Lift your working weight each week. Record your 1 rep max, your working weight and the number of repetitions lifted for each set.

EXERCISE	1 Rep Max	Working Weight	DATE			
1. Sit-ups 			Set 1			
			Set 2			
2. Back Ext. 			Set 1			
			Set 2			
3. Bench 			Set 1			
			Set 2			
4. Row 			Set 1			
			Set 2			
5. Shoulder 			Set 1			
			Set 2			
6. Pull Down 			Set 1			
			Set 2			
7. Leg Curl 			Set 1			
			Set 2			
8. Leg Extension 			Set 1			
			Set 2			