Aims for the end of the 6 weeks:

Time spent on each station and time for rest was:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Week 1 | | | Week 2 | | |
| Exercise Name | Date 04.11 | Date 06.11 |  | Date 11.11 | Date 13.11 |  |
| 1. |  |  |  |  |  |  |
| 2. |  |  |  |  |
| 3. |  |  |  |  |
| 4. |  |  |  |  |
| 5. |  |  |  |  |
| 6. |  |  |  |  |
| 7. |  |  |  |  |
| Resting Heart Rate |  |  |  |  |
| Working Heart Rate (after first set) |  |  |  |  |
| Borg Scale at the end of the second set |  |  |  |  |
| Recovery heart rate after 1 min |  |  |  |  |
| Recovery heart rate after 2 min |  |  |  |  |
| Recovery heart rate after 3 min |  |  |  |  |
| Recovery hear rate after 4 min |  |  |  |  |
| Recovery heart rate after 5 min |  |  |  |  |

Time spent on each station and time for rest was:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Week 3 | | | Week 4 | | |
| Exercise Name | Date 18.11 | Date 20.11 | Date 22.11 | Date 25.11 | Date 27.11 | Date 29.11 |
| 1. |  |  |  |  |  |  |
| 2. |  |  |  |  |
| 3. |  |  |  |  |
| 4. |  |  |  |  |
| 5. |  |  |  |  |
| 6. |  |  |  |  |
| 7. |  |  |  |  |
| Resting Heart Rate |  |  |  |  |  |  |
| Working Heart Rate (after first set) |  |  |  |  |  |  |
| Borg Scale at the end of the second set |  |  |  |  |  |  |
| Recovery heart rate after 1 min |  |  |  |  |  |  |
| Recovery heart rate after 2 min |  |  |  |  |  |  |
| Recovery heart rate after 3 min |  |  |  |  |  |  |
| Recovery hear rate after 4 min |  |  |  |  |  |  |
| Recovery heart rate after 5 min |  |  |  |  |  |  |

Name:

Time spent on each station and time for rest was:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Week 5 | | | Week 6 | | |
| Exercise Name | Date 02.12 | Date 04.12 | Date 06.12 | Date 09.12 | Date 11.12 | Date 13.12 |
| 1. |  |  |  |  |  |  |
| 2. |  |  |  |  |
| 3. |  |  |  |  |
| 4. |  |  |  |  |
| 5. |  |  |  |  |
| 6. |  |  |  |  |
| 7. |  |  |  |  |
| Resting Heart Rate |  |  |  |  |  |  |
| Working Heart Rate (after first set) |  |  |  |  |  |  |
| Borg Scale at the end of the second set |  |  |  |  |  |  |
| Recovery heart rate after 1 min |  |  |  |  |  |  |
| Recovery heart rate after 2 min |  |  |  |  |  |  |
| Recovery heart rate after 3 min |  |  |  |  |  |  |
| Recovery hear rate after 4 min |  |  |  |  |  |  |
| Recovery heart rate after 5 min |  |  |  |  |  |  |