

GCSE PE

PEP

Name		
Candidate Number		
Centre Number		
Fitness Component/s Selected	Muscular Power	
Focus Sport	Basketball	
Assessment Year	2024	

Word Count: 1424

Aim and planning

Introduction

My sport is basketball, in my team, I play as a shooting guard last season I averaged over 25.3 points per game, 12 assists per game, 6 rebounds per game and 3.65 blocks per game, which is exactly what a shooting guard is supposed to do. This sport engages your physicality and ability to be constantly running up and down the court so you can defend.

Performance analysis

To analyse my performance as a shooting guard in basketball, I have conducted a performance analysis in a basketball match against a team in our league with the following results:

Date: 25th September 2022

Opposition:

Local League-60 minutes

Result- 128-109 Loss

Steals Attempted	Steals Won	Blocks Attempted	Blocks Won	3pt Shots Attempted	3pt Shots Scored	Passes Attempted	Passes Won	Additional Information
17	9	8	5	10	8	26	24	I got a Technical Foul

Word Count: 1424

Fitness test battery

L1

	Steals Won	3pt Shots Attempted	3pt Shots Scored	Layups Attempted	Layups made	Assists	Additional Information
Me	9	10	8	14	7	12	1 Technical Foul
Kyrie Irving	13	7	3	18	17	6	0 Technical Fouls
	By analysing the data given in this graph it is very clear that one of my strengths is 3-point shooting this is because by every 10 3-point, I attempt I score 8 meaning that my 3-point percentage is 80%						

SMART Targets

Main aim- To improve my 3pt shooting and layups in basketball through power

To achieve my aim I will apply the SMART principle with 3 sub-targets

1. To increase my vertical jump by doing squats with added weight to increase my vertical jump by 10%
2. To increase my 3pt shots made by 15%
3. To increase my layups made by 30%

Measurable- In order to measure the progress and success of my PEP, I will redo the vertical jump test midway through and at the end of the 6 weeks. I will also conduct another analysis during a competitive game to measure the accuracy of my 3-point shooting and layups.

Achievable- My shooting needs to improve as it is a required skill as a shooting guard and by applying the principles of training correctly, this aim will be achievable.

Realistic- My fitness target is to increase my vertical jump by 10% within the 6 weeks. I also need to increase my shooting by 15% and my layups by 30% in order to help my team win more during the 6 week period. By applying the principles of training correctly and by utilising the

L1 2

Word Count: 1424

correct methods of training (plyometrics) and intensity, it is not unrealistic to achieve this within 6 weeks.

Methods Training

To improve muscular power I have chosen to use circuit training. This involves a series of stations set up with periods of work and rest. This will enable me to customise my sessions to improve upper-body muscular endurance with Basketball-specific movements.

I will complete 5 stations, working at each station for 3 minutes with 30 seconds rest. I will complete the circuit twice in the first 3 weeks and look to include a 3rd rotation as a way of progressively overloading. I will arrange the circuit to ensure different muscle groups are involved in consecutive stations

Station 1: Squats with weight - Targets: Quadriceps, hamstrings

Station 2: Bench press - Targets: Middle Chest

Station 3: Pull-ups - Targets: Lats

Station 4: Dips - Targets: Triceps

Station 5: Squats with weight and jumps- Targets: Quadriceps, hamstrings

Lvl 2

Principles of training

For me to structure the PEP appropriately to achieve my aim, I need to utilise the principles of training properly.

Frequency: I will initially train 3 a week for the first 3 weeks. After I re-test, I will then apply progressive overload by either increasing the frequency of training to 4 times per week or increase the intensity. In this way, my training will be progressive overload, therefore reducing the effects of overtraining that could lead to possible injury or lack of motivation, therefore reducing the possibility of reversibility.

Intensity: maximum power can be developed with weights training that is performed at 80%+ of my 1RM. To identify the correct intensity, I will work out my % of 1RM for the squat exercise and progressively add to that level throughout the 6 weeks. The intensity of the bounding weight exercises will be monitored by the amount of weight used in each exercise. Rest periods of 3-5 minutes for these intense exercises will be applied between each set. This is a specific movement related to basketball. This also meets my individual needs as I am tailoring my plan to my 1RM.

Time: each training session will last no longer than 60 minutes. This is to keep the intensity high, reduce time wasting and stay motivated.

Type: the type of exercises that will be used for this PEP will be weight usage style exercises (that will give me better defending and more stability in basketball)

Lvl 2

2021 PAR-Q+

The Physical Activity Readiness Questionnaire for Everyone

The health benefits of regular physical activity are clear; more people should engage in physical activity every day of the week. Participating in physical activity is very safe for MOST people. This questionnaire will tell you whether it is necessary for you to seek further advice from your doctor or a qualified exercise professional before becoming more physically active.

GENERAL HEALTH QUESTIONS

Please read the 7 questions below carefully and answer each one honestly: check YES or NO.	YES	NO
1) Has your doctor ever said that you have a heart condition <input type="checkbox"/> OR high blood pressure <input type="checkbox"/> ?	<input type="checkbox"/>	<input type="checkbox"/>
2) Do you feel pain in your chest at rest, during your daily activities of living, OR when you do physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
3) Do you lose balance because of dizziness OR have you lost consciousness in the last 12 months? Please answer NO if your dizziness was associated with over-breathing (including during vigorous exercise).	<input type="checkbox"/>	<input type="checkbox"/>
4) Have you ever been diagnosed with another chronic medical condition (other than heart disease or high blood pressure)? PLEASE LIST CONDITION(S) HERE: _____	<input type="checkbox"/>	<input type="checkbox"/>
5) Are you currently taking prescribed medications for a chronic medical condition? PLEASE LIST CONDITION(S) AND MEDICATIONS HERE: _____	<input type="checkbox"/>	<input type="checkbox"/>
6) Do you currently have (or have had within the past 12 months) a bone, joint, or soft tissue (muscle, ligament, or tendon) problem that could be made worse by becoming more physically active? Please answer NO if you had a problem in the past, but it does not limit your current ability to be physically active. PLEASE LIST CONDITION(S) HERE: _____	<input type="checkbox"/>	<input type="checkbox"/>
7) Has your doctor ever said that you should only do medically supervised physical activity?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered NO to all of the questions above, you are cleared for physical activity.
Please sign the PARTICIPANT DECLARATION. You do not need to complete Pages 2 and 3.

- Start becoming much more physically active – start slowly and build up gradually.
- Follow Global Physical Activity Guidelines for your age (<https://www.who.int/publications/item/9789240015128>).
- You may take part in a health and fitness appraisal.
- If you are over the age of 45 years, NOT accustomed to regular vigorous to maximal effort exercise, consult a qualified exercise professional before engaging in this intensity of exercise.
- If you have any further questions, contact a qualified exercise professional.

PARTICIPANT DECLARATION
 If you are less than the legal age required for consent or require the assent of a care provider, your parent, guardian or care provider must sign this form.

I, the undersigned, have read, understood to my full satisfaction and completed this questionnaire. I acknowledge that this physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if my condition changes. I also acknowledge that the community fitness center may retain a copy of this form for its records. In these instances, it will remain the confidentiality of the same, complying with applicable law.

DATE: 04/07/2008
 WITNESS: _____

If you answered YES to one or more of the questions above, COMPLETE PAGES 2 AND 3.

Delay becoming more active if:

- You have a temporary illness such as a cold or fever; it is best to wait until you feel better.
- You are pregnant – talk to your health care practitioner, your physician, a qualified exercise professional, and/or complete the ePARmed-Xt at www.apamh.com before becoming more physically active.
- Your health changes – answer the questions on Pages 2 and 3 of this document and/or talk to your doctor or a qualified exercise professional before continuing with any physical activity program.

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Carrying out and monitoring the PEP

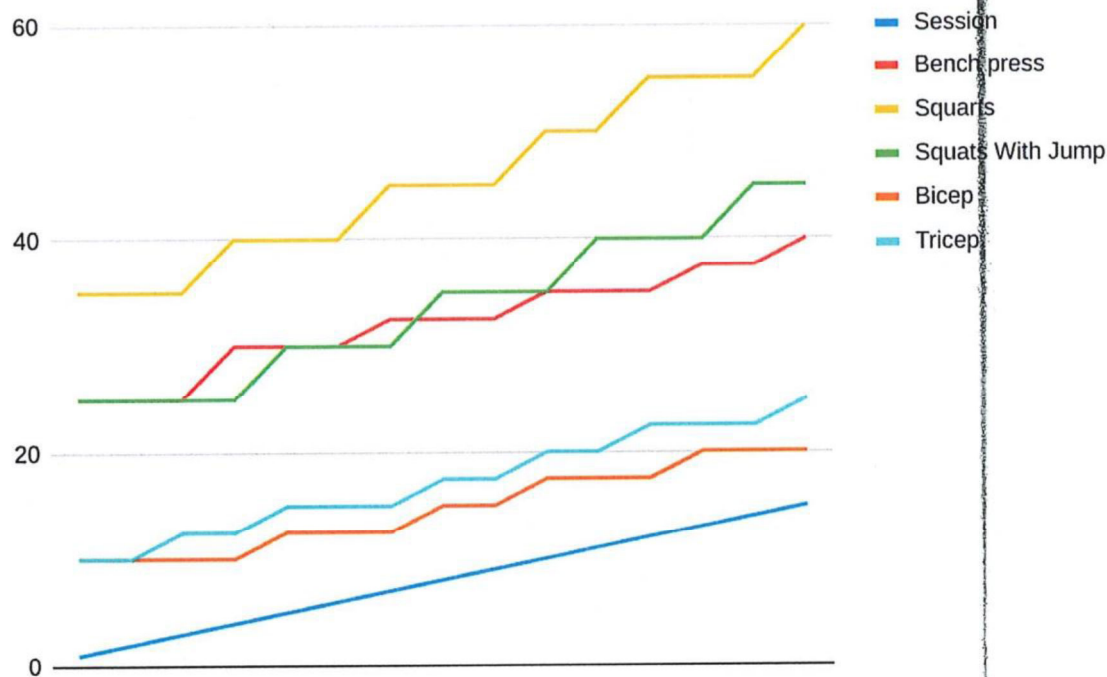
Weeks	Session	Bench press	Squats	Squats With Jump	Bicep	Tricep	Rest Period
1	1	25	35	25	10	10	2 minutes
	2	25	35	25	10	10	2 minutes
	3	25	35	25	10	12.5	2 minutes
2	4	30	40	25	10	12.5	2 minutes
	5	30	40	30	12.5	15	2 minutes
	6	30	40	30	12.5	15	2 minutes
3	7	32.5	45	30	12.5	15	2 minutes
	8	32.5	45	35	15	17.5	2 minutes
	9	32.5	45	35	15	17.5	2 minutes
4	10	35	50	35	17.5	20	2 minutes
	11	35	50	40	17.5	20	2 minutes
	12	35	55	40	17.5	22.5	2 minutes
5	13	37.5	55	40	20	22.5	2 minutes
	14	37.5	55	45	20	22.5	2 minutes
6	15	40	60	45	20	25	2 minutes
	16	40	60	45	20	25	2 minutes

Pre-PEP	Mid-PEP	Post-PEP
59	63	67

Evaluation

Word Count: 1424

Evaluation of Fitness



The results of my vertical jump test indicate that I improved my vertical jump by 12 cm or 20%. This means I exceeded my SMART target of improving my vertical jump by 10%. This has been the effect of weight training with movements such as squats with added weight. The application of progressive overload over the 6 weeks may have physiological adaptations. I progressed my squats with added weights from 35 kg to 60 kg over the 6 weeks which is a 72% increase.

Performance Analysis

Player: [REDACTED]

	Steals Won	3pt Shots Attempted	3pt Shots Scored	Layups Attempted	Layups made	Assists	Additional Information	Points
Me	12	10	10	9	8	16	1 Technical Foul	46

Word Count: 1424

Player: Kyrie Irving
Team: Dallas Mavericks
Venue: Crypto.com Arena
Date: 24/4/2024

Steals Won	3pt Shots Attempted	3pt Shots Scored	Layups Attempted	Layups made	Assists	Additional Information	Points
17	4	4	15	13	8	1 personal foul	38

The results of my notational analysis indicate that my performance improved over the 6 week programme. I was able to improve the height of my vertical jump through the use of plyometric training. This in turn gave me more height when executing the jump shot, and as a result I had a better look at the basket as I was able to jump higher than my opponent. As well as my shooting percentage increased by 20% , as I am now shooting at 100% from the 3pt line as opposed to 80% prior to the PEP.

The increase in bot power and productivity while on a basketball court helped me increase my confidence, as a result I have developed an improvement in other aspects of my game such as increasing the number of steals and assists.

During the 6 weeks I have been able to improve my lower body power that has allowed me to reach my aim and the specific targets I set for myself. The success of my PEP can be attributed to numerous factors, with the main factor being the appropriate application of the SMART targets. My targets were appropriate, specific and were easily measurable that allowed me to directly plan my PEP in line with what I needed to improve on.

The application of the principles of training was also a strength of the PEP. I was able to target the specific type of exercises needed to improve my power for basketball and the correct progression of intensity of my training allowed me to continue to make improvements in both fitness and with my motivation.

Lvl 1

GCSE PE

PEP BOOKLET

Name		
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Fitness Component/s Selected	Muscular Power	
Focus Sport	Basketball	
Assessment Year	2024	

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Fitness Tests

Name of Test	Rating	Test 1	Test 2	Test 3
Harvard Step Test	Average	48	46	49
Illinois agility run test	Excellent	19.12	19.11	19.12
Grip dynamometer	Average	32kg	34kg	30kg
One minute sit-up	Above average	33	31	33
30 m sprint	Above average	4	3.8	3.7
Vertical jump	Above average	59cm	58cm	58cm
Sit and reach	Average	-20cm	-21cm	-23cm
one-minute press-up	Excellent	19	20	91

1 Rep Max Tests

Name of Test	Test 1	Test 2	Test 3
Bench press	25kg	35 kg	40kg
Squats	35 kg	45 kg	60 kg
Squats with jump	25 kg	30kg	45 kg
Bicep	10kg	15kg	20kg
Tricep	10kg	17.5kg	25 kg

Name:

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Session Number	Date	Duration	Method of Training	Component of Fitness				
1	16/1/23	1hr30mins	weights	Muscular power				
<p>Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session. <i>Use this section to record data after the session such as time, repetitions, weights, training zones etc.</i></p> <p>In this training session, i did 10 reps for every exercise, being careful not to do the exercise incorrectly so i can avoid any injuries. For example, when doing squads i was careful not to bend my back and neck so i can avoid any injurie.</p>								
Recovery Heart Rate (if applicable)	1 min	2 min	3 min	4 min	5 min	6 min	7 min	8 min
<p>Any adaptations or changes you have made to this training session and why.?</p> <p>This was my first training session, at the beginning it was tough but i managed to get through it.</p>								

Name:
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Session Number	Date	Duration	Method of Training	Component of Fitness
2	17/1/23	1hr30mins	weights	Muscular power

Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session. *Use this section to record data after the session such as time, repetitions, weights, training zones etc.*

In this training session, i did 10 reps for every exercise, being careful not to do the exercise incorrectly so i can avoid any injuries. For example, when doing squads i was careful not to bend my back and neck so i can avoid any injurie.

Recovery Heart Rate (if applicable)	1 min	2 min	3 min	4 min	5 min	6 min	7 min	8 min

Any adaptations or changes you have made to this training session and why.

Pre-exercise heart rate before warm up	Working heart rate	Immediate post-exercise heart rate

Name:

Candidate Number:

Chosen Sport:

Chosen component/s of fitness:



Session Number	Date	Duration	Method of Training	Component of Fitness
3	20/1/23	1hr30mins	weights	Muscular power

Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session. *Use this section to record data after the session such as time, repetitions, weights, training zones etc.*

In this training session, i did 10 reps for every exercise, being careful not to do the exercise incorrectly so i can avoid any injuries. For example, when doing squads i was careful not to bend my back and neck so i can avoid any injurie.

Recovery Heart Rate (if applicable)	1 min	2 min	3 min	4 min	5 min	6 min	7 min	8 min

Any adaptations or changes you have made to this training session and why.

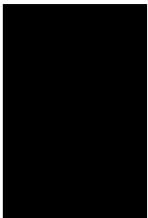
Pre-exercise heart rate before warm up	Working heart rate	Immediate post-exercise heart rate

Name:

Candidate Number:

Chosen Sport:

Chosen component/s of fitness:



Session Number	Date	Duration	Method of Training	Component of Fitness
4	23/1/23	1hr30mins	weights	Muscular power

Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session. *Use this section to record data after the session such as time, repetitions, weights, training zones etc.*

In this training session, i did 12 reps for every exercise, being careful not to do the exercise incorrectly so i can avoid any injuries. For example, when doing squads i was careful not to bend my back and neck so i can avoid any injurie.

Recovery Heart Rate (if applicable)	1 min	2 min	3 min	4 min	5 min	6 min	7 min	8 min

Any adaptations or changes you have made to this training session and why.

Pre-exercise heart rate before warm up	Working heart rate	Immediate post-exercise heart rate

Name:

Candidate Number:

Chosen Sport:

Chosen component/s of fitness:



Session Number	Date	Duration	Method of Training	Component of Fitness
5	24/1/23	1hr30mins	weights	Muscular power

Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session. *Use this section to record data after the session such as time, repetitions, weights, training zones etc.*

In this training session, i did 12 reps for every exercise, being careful not to do the exercise incorrectly so i can avoid any injuries. For example, when doing squads i was careful not to bend my back and neck so i can avoid any injurie.

Recovery Heart Rate (if applicable)	1 min	2 min	3 min	4 min	5 min	6 min	7 min	8 min

Any adaptations or changes you have made to this training session and why.

Pre-exercise heart rate before warm up	Working heart rate	Immediate post-exercise heart rate

Name:
 Candidate Number:
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Session Number	Date	Duration	Method of Training	Component of Fitness
6	27/1/23	1hr30mins	weights	Muscular power

Description of training session appropriate to the training method, e.g. map of continuous training course, plan of the circuit training session. *Use this section to record data after the session such as time, repetitions, weights, training zones etc.*

In this training session, i did 12 reps for every exercise, being careful not to do the exercise incorrectly so i can avoid any injuries. For example, when doing squads i was careful not to bend my back and neck so i can avoid any injurie.

Recovery Heart Rate (if applicable)	1 min	2 min	3 min	4 min	5 min	6 min	7 min	8 min

Any adaptations or changes you have made to this training session and why.

Pre-exercise heart rate before warm up	Working heart rate	Immediate post-exercise heart rate

Name:

Candidate Number:

Chosen Sport:

Chosen component/s of fitness:



Session Number	Date	Duration	Method of Training	Component of Fitness
7	30/1/23	1hr30mins	weights	Muscular power

Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session. *Use this section to record data after the session such as time, repetitions, weights, training zones etc.*

In this training session, i did 13 reps for every exercise, being careful not to do the exercise incorrectly so i can avoid any injuries. For example, when doing squads i was careful not to bend my back and neck so i can avoid any injurie.

Recovery Heart Rate (if applicable)	1 min	2 min	3 min	4 min	5 min	6 min	7 min	8 min

Any adaptations or changes you have made to this training session and why.

Pre-exercise heart rate before warm up	Working heart rate	Immediate post-exercise heart rate

Name:
 Candidate Number:
 Chosen Sport:
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Session Number	Date	Duration	Method of Training	Component of Fitness
8	31/1/23	1hr30mins	weights	Muscular power

Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session. *Use this section to record data after the session such as time, repetitions, weights, training zones etc.*

In this training session, i did 13 reps for every exercise, being careful not to do the exercise incorrectly so i can avoid any injuries. For example, when doing squads i was careful not to bend my back and neck so i can avoid any injurie.

Recovery Heart Rate (if applicable)	1 min	2 min	3 min	4 min	5 min	6 min	7 min	8 min

Any adaptations or changes you have made to this training session and why.

Pre-exercise heart rate before warm up	Working heart rate	Immediate post-exercise heart rate

Name:

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Chosen component/s of fitness:



Session Number	Date	Duration	Method of Training	Component of Fitness
9	3/2/23	1hr30mins	weights	Muscular power

Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session. Use this section to record data after the session such as time, repetitions, weights, training zones etc.

In this training session, i did 13 reps for every exercise, being careful not to do the exercise incorrectly so i can avoid any injuries. For example, when doing squads i was careful not to bend my back and neck so i can avoid any injurie.

Recovery Heart Rate (if applicable)	1 min	2 min	3 min	4 min	5 min	6 min	7 min	8 min

Any adaptations or changes you have made to this training session and why.

Pre-exercise heart rate before warm up	Working heart rate	Immediate post-exercise heart rate

Name:

Candidate Number:

Chosen Sport:

Chosen component/s of fitness:



Session Number	Date	Duration	Method of Training	Component of Fitness
10	6/2/23	1hr30mins	weights	Muscular power

Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session. *Use this section to record data after the session such as time, repetitions, weights, training zones etc.*

In this training session, i did 14 reps for every exercise, being careful not to do the exercise incorrectly so i can avoid any injuries. For example, when doing squads i was careful not to bend my back and neck so i can avoid any injurie.

Recovery Heart Rate (if applicable)	1 min	2 min	3 min	4 min	5 min	6 min	7 min	8 min

Any adaptations or changes you have made to this training session and why.

Pre-exercise heart rate before warm up	Working heart rate	Immediate post-exercise heart rate

Name:

Candidate Number:

Chosen Sport:

Chosen component/s of fitness:



Session Number	Date	Duration	Method of Training	Component of Fitness
11	7/2/23	1hr30mins	weights	Muscular power

Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session. *Use this section to record data after the session such as time, repetitions, weights, training zones etc.*

In this training session, i did 14 reps for every exercise, being careful not to do the exercise incorrectly so i can avoid any injuries. For example, when doing squads i was careful not to bend my back and neck so i can avoid any injurie.

Recovery Heart Rate (if applicable)	1 min	2 min	3 min	4 min	5 min	6 min	7 min	8 min

Any adaptations or changes you have made to this training session and why.

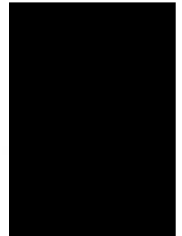
Pre-exercise heart rate before warm up	Working heart rate	Immediate post-exercise heart rate

Name:

Candidate Number:

Chosen Sport:

Chosen component/s of fitness:



Session Number	Date	Duration	Method of Training	Component of Fitness
12	10/2/24	1hr30mins	weights	Muscular power

Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session. *Use this section to record data after the session such as time, repetitions, weights, training zones etc.*

In this training session, i did 14 reps for every exercise, being careful not to do the exercise incorrectly so i can avoid any injuries. For example, when doing squads i was careful not to bend my back and neck so i can avoid any injurie.

Recovery Heart Rate (if applicable)	1 min	2 min	3 min	4 min	5 min	6 min	7 min	8 min

Any adaptations or changes you have made to this training session and why.

Pre-exercise heart rate before warm up	Working heart rate	Immediate post-exercise heart rate

Name:

Candidate Number:

Chosen Sport:

Chosen component/s of fitness:



Session Number	Date	Duration	Method of Training	Component of Fitness
13	13/2/23	1hr30mins	weights	Muscular power

13 Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session. *Use this section to record data after the session such as time, repetitions, weights, training zones etc.*

In this training session, i did 15 reps for every exercise, being careful not to do the exercise incorrectly so i can avoid any injuries. For example, when doing squads i was careful not to bend my back and neck so i can avoid any injurie.

Recovery Heart Rate (if applicable)	1 min	2 min	3 min	4 min	5 min	6 min	7 min	8 min

Any adaptations or changes you have made to this training session and why.

Pre-exercise heart rate before warm up	Working heart rate	Immediate post-exercise heart rate

Name:
 Candidate Number:
 Chosen Sport:
 Chosen component/s of fitness:



Session Number	Date	Duration	Method of Training	Component of Fitness
14	14/2/23	1hr30mins	weights	Muscular power

Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session. *Use this section to record data after the session such as time, repetitions, weights, training zones etc.*

In this training session, i did 15 reps for every exercise, being careful not to do the exercise incorrectly so i can avoid any injuries. For example, when doing squads i was careful not to bend my back and neck so i can avoid any injurie.

Recovery Heart Rate (if applicable)	1 min	2 min	3 min	4 min	5 min	6 min	7 min	8 min

Any adaptations or changes you have made to this training session and why.

Pre-exercise heart rate before warm up	Working heart rate	Immediate post-exercise heart rate

Name:

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Session Number	Date	Duration	Method of Training	Component of Fitness
15	17/2/23	1hr30mins	weights	Muscular power

Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session. Use this section to record data after the session such as time, repetitions, weights, training zones etc.

In this training session, i did 16 reps for every exercise, being careful not to do the exercise incorrectly so i can avoid any injuries. For example, when doing squads i was careful not to bend my back and neck so i can avoid any injurie.

Recovery Heart Rate (if applicable)	1 min	2 min	3 min	4 min	5 min	6 min	7 min	8 min

Any adaptations or changes you have made to this training session and why.

Pre-exercise heart rate before warm up	Working heart rate	Immediate post-exercise heart rate

Name:

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Session Number	Date	Duration	Method of Training	Component of Fitness
16	20/2/23	1hr30mins	weights	Muscular power

Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session. Use this section to record data after the session such as time, repetitions, weights, training zones etc.

In this training session, i did 16 reps for every exercise, being careful not to do the exercise incorrectly so i can avoid any injuries. For example, when doing squads i was careful not to bend my back and neck so i can avoid any injurie.

Recovery Heart Rate (if applicable)	1 min	2 min	3 min	4 min	5 min	6 min	7 min	8 min

Any adaptations or changes you have made to this training session and why.

Pre-exercise heart rate before warm up	Working heart rate	Immediate post-exercise heart rate