

Personal exercise programme training record form

Pearson Edexcel Level 1/Level 2 GCSE (9–1) in Physical Education		1PE0/04
Centre name:	Centre number:	
Candidate name:	Candidate number:	
Chosen activity/sport: 800 metres		
Chosen method of training: Continuous interval fartlek		
Date and number of training session: 28 6 19 session 12		

Pre-exercise heart rate before warm up	Working heart rate	Immediate post-exercise heart rate
71	153	141

Recovery heart rate at the following intervals (bpm)	1 min	2 min	3 min	4 min	5 min
	140	132	105	89	76

Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session
<p>4 x 400</p> <p>3 x 600</p> <p>2 x 800</p> <p>3 mins rest each one. 5 mins rest between each set</p>

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

