

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 5 19 session 3		

Pre-exercise heart rate before warm up	Working heart rate	Immediate post-exercise heart rate
58	140	138

Recovery heart rate at the following intervals (bpm)	1 min	2 min	3 min	4 min	5 min
	127	111	98	88	70

Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session
Sprint 40 metres rest 20 seconds. Repeat for 15 minutes

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