

# 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: 6 6 19 session 5					
Pre-exercise heart rate before warm up	Working heart rate	Immediate post-exercise heart rate			
63	158	142			
Recovery heart rate at the following intervals (bpm)	1 min 133	2 min 121	3 min 103	4 min 89	5 min 72
Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session					
6 x 400					
Any adaptations or changes you have made to this training session and why					
Second part hard					