

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 6		

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	2 min	3 min	4 min	5 min
	133	121	103	89	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 @ 73 secs

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