

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: 13 6 19 session 8 | | |

| Pre-exercise heart rate before warm up | Working heart rate | Immediate post-exercise heart rate |
|---|--------------------|---------------------------------------|
| 59 | 152 | 141 |

| Recovery heart rate at the following intervals (bpm) | 1 min | 2 min | 3 min | 4 min | 5 min |
|---|-------|-------|-------|-------|-------|
| | 130 | 117 | 108 | 87 | 72 |

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|---|
| Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session |
| 200 x 16 [4 x4] |

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| Any adaptations or changes you have made to this training session and why |
| Specially for 800 m group |