

CV TRAINING 8 WEEK PROGRESSIVE PREDICTIVE OVERVIEW

STUDENT NAME:

WEEK	EQUIPMENT	CV METHOD	TOTAL TIME	INTERVAL (WORK:REST TIMES)	INTENSITY (SPEED/ RPM/ SPM/ RESISTANCE etc)	%MHR	RPE (1-10)
1							
2							
3							
4							
5							
6							
7							
8							

