

Unit 2 Task Sheet 7(b)

AC4.2: Sequence training programme activities.

Scenario: You have now been asked by your coach to produce a six week training programme to help you achieve an identified goal. Your programme must demonstrate a logical order of activities and realistic progression in your sessions.

Training Goal

6 Week Training Programme to Achieve Training Goal

1.	
2.	
3.	
4.	
5.	
6.	