## 8 Week Progressive Program

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| RESISTANCE PROGRAM | | | | | | | | |
|  | WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4  (card 1) | WEEK 5 | WEEK 6 | WEEK 7 | WEEK 8  (card 2) |
| Reps |  |  |  |  |  |  |  |  |
| Sets |  |  |  |  |  |  |  |  |
| % of 1RM |  |  |  |  |  |  |  |  |
| Rest |  |  |  |  |  |  |  |  |
| Training System |  |  |  |  |  |  |  |  |
| CARDIOVASCULAR PROGRAM | | | | | | | | |
|  | WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4  (card 1) | WEEK 5 | WEEK 6 | WEEK 7 | WEEK 8  (card 2) |
| Training System |  |  |  |  |  |  |  |  |
| Duration |  |  |  |  |  |  |  |  |
| RPE/Zone |  |  |  |  |  |  |  |  |
| Ratio  (intervals) |  |  |  |  |  |  |  |  |
| CORE PROGRAM | | | | | | | | |
|  | WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4  (card 1) | WEEK 5 | WEEK 6 | WEEK 7 | WEEK 8  (card 2) |
| Exercise |  |  |  |  |  |  |  |  |
| Reps/ Time |  |  |  |  |  |  |  |  |
| Sets |  |  |  |  |  |  |  |  |