

TRAINING PROGRAM- 2nd and 3rd term

Your physical condition is very important for your health. That is the reason why you have to do a personalised training program during the second and third term. In this work you have to write:

- What do you want to improve? What is your goal?
- What are you doing to achieve that? Method of training, type of exercises...
- The sessions that you do to achieve your goal: the duration, the exercises that you do, number of repetitions...
- Any picture to prove that you are following your training program.
- You must synthesize your training program in the next table:

Month:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1					
WEEK 2					
WEEK 3					
WEEK 4					

You have to send your work the days:

29, 30, 31 may.

To pjramirez@ieslasencinas.org