workout planner.

Give your programming a clear structure. Use this blank template to connect the client's goal, the sessions you plan and the rules you will use to review the next block.

Client

Trainer

Block dates

Review date

coaching brief

Client's main goal

Training experience and relevant assessment notes

Sessions per week

Available time per session

Training location and equipment

Practical constraints

What progress will we review?

A blank planning structure. Set the exercises and dose for the individual.

session plan – duplicate for each session

Session name / day

Purpose of this session

Preparation / warm-up

A blank planning structure. Set the exercises and dose for the individual.

exercise 1

Exercise name

Sets

Reps or duration

Load / effort target

Rest

Coaching notes

Alternative if needed

Actual work completed

Client feedback

A blank planning structure. Set the exercises and dose for the individual.

exercise 2

Exercise name

Sets

Reps or duration

Load / effort target

Rest

Coaching notes

Alternative if needed

Actual work completed

Client feedback

A blank planning structure. Set the exercises and dose for the individual.

exercise 3

Exercise name

Sets

Reps or duration

Load / effort target

Rest

Coaching notes

Alternative if needed

Actual work completed

Client feedback

A blank planning structure. Set the exercises and dose for the individual.

review and progression

What will stay the same during this block?

What criteria will prompt progression?

What criteria will prompt a change or further assessment?

What will we discuss at the next check-in?

Trainer review notes

Next block decision

A blank planning structure. Set the exercises and dose for the individual.