

# Physical Education

## 10 Week Planner

Week	Dates	Activity	Time/Sets & Rep	Type of Activity
1		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength
2		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength
3		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength
4		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength
5		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength

Week	Dates	Activity	Time/Sets & Rep	Type of Activity
6		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength
7		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength
8		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength
9		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength
10		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength

# Physical Education

## 9 Week Planner

Week	Dates	Activity	Time/Sets/Reps/lbs.	Type of Activity
1		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength
2		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength
3		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength
4		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength
5		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength

Week	Dates	Activity	Time/Sets & Reps	Type of Activity
6		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength
7		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength
8		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength
9		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength

Cardio - 17 Minute Minimum for combined cardio on week 1

Variety - Endurance & Strength Exercises may not be repeated back to back weeks

		<u>Progression</u>	<u>Overload</u>	
Wk. 1/2	Wk. 8/9	Exercise Name	Fill this Part In	
		<b>Cardio</b>		Overload Area
		(Endurance)		Related Goal
		(Strength)		Overload Week

# Physical Education

## 8 Week Planner

Week	Dates	Activity	Time/Sets/Reps/lb	Type of Activity
1		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength
2		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength
3		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength
4		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength
5		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength

Week	Dates	Activity	Time/Sets & Reps	Type of Activity
6		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength
7		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength
8		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength
<u>Cardio</u>				
** 15 Minute Minimum for combined cardio on week 1				
<u>Variety</u>				
** Endurance & Strength Exercises may not be repeated back to back weeks				
Goal Areas				
Overload Week				
Overload Area			Week 1/2	Week 7/8
			Time/Sets/Reps/lb	Time/Sets/Reps/lbs.
Cardio Progression				
Strength Progression Exercise:				
Endurance Progression Exercise:				

# Physical Education

## 7 Week Planner

Week	Dates	Activity	Time/Sets & Rep	Type of Activity
1		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength
2		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength
3		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength
4		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength
5		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength

Week	Dates	Activity	Time/Sets & Rep	Type of Activity
6		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength
7		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength

# Physical Education

## 6 Week Planner

Week	Dates	Activity	Time/Sets & Rep	Type of Activity
1		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength
2		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength
3		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength
4		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength
5		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength

Week	Dates	Activity	Time/Sets & Rep	Type of Activity
6		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength
7		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength
8		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength
9		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength
10		Run		Cardio
				Cardio
				Muscular Endurance
				Muscular Endurance
				Strength
				Strength