Physical Education						
	10 Week Planner					
Week	Dates	Activity	Time/Sets & Rep	Type of Activity		
		Run	i	Cardio		
				Cardio		
1				Muscular Endurance		
1				Muscular Endurance		
				Strength		
				Strength		
		Run		Cardio		
				Cardio		
2				Muscular Endurance		
				Muscular Endurance		
				Strength		
				Strength		
		Run		Cardio		
				Cardio		
3				Muscular Endurance		
5				Muscular Endurance		
				Strength		
				Strength		
		Run		Cardio		
				Cardio		
Δ				Muscular Endurance		
T				Muscular Endurance		
				Strength		
				Strength		
		Run		Cardio		
				Cardio		
5				Muscular Endurance		
				Muscular Endurance		
				Strength		
				Strength		

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

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

Week	Dates	Activity	Time/Sets & Reps	Type of Activity
		Run		Cardio
				Cardio
6				Muscular Endurance
U				Muscular Endurance
				Strength
				Strength
		Run		Cardio
				Cardio
7				Muscular Endurance
				Muscular Endurance
				Strength
				Strength
		Run		Cardio
				Cardio
8				Muscular Endurance
0				Muscular Endurance
				Strength
				Strength
		Run		Cardio
				Cardio
Q				Muscular Endurance
				Muscular Endurance
				Strength
				Strength
Cardio	- 17 Min	ute Minimum for combine	d cardio on week	1
Variety	- Endura	nce & Strength Exercises	may not be repeate	ed back to back weeks
	P	rogression		verload
Wk. 1/2	Wk. 8/9	Exercise Name	Fill this Part In	
		Cardio		Overload Area
		(Edurance)		Related Goal
		(Strength)		Overload Week

Physical Education						
8 Week Planner						
Week	Dates	Activity	Time/Sets/Reps/lb	Type of Activity		
VI CON	Dutto	Run		Cardio		
				Cardio		
1				Muscular Endurance		
1				Muscular Endurance		
				Strength		
				Strength		
		Run		Cardio		
				Cardio		
2				Muscular Endurance		
				Muscular Endurance		
				Strength		
				Strength		
		Run		Cardio		
				Cardio		
3				Muscular Endurance		
5				Muscular Endurance		
				Strength		
				Strength		
		Run		Cardio		
				Cardio		
Δ				Muscular Endurance		
				Muscular Endurance		
				Strength		
				Strength		
		Run		Cardio		
				Cardio		
5				Muscular Endurance		
				Muscular Endurance		
				Strength		
				Strength		

Week	Dates	Activity	Time/Sets & Reps	Type of Activity
		Run		Cardio
				Cardio
6				Muscular Endurance
U				Muscular Endurance
				Strength
				Strength
		Run		Cardio
				Cardio
7				Muscular Endurance
/				Muscular Endurance
				Strength
				Strength
		Run		Cardio
				Cardio
8				Muscular Endurance
0				Muscular Endurance
				Strength
				Strength
Cardio				
** 15 N	linute Mir	nimum for combined card	io on week 1	
Variety				
** Endu	urance & S	Strength Exercises may no	ot be repeated bac	k to back weeks
Goal	Areas			
	Alcas			
Overlo	ad Week			
Overio	au week			
Overlo	ad Area		Week 1/2	Week 7/8
Ovene	au Alca		Time/Sets/Reps/lb	Time/Sets/Reps/lbs.
Cardio	Progressic	on		
Strengtl	n Progress	ion Exercise:		
Endura	nce Progre	ession Exercise:		

Physical Education							
	7 Week Planner						
Week	Dates	Activity	Time/Sets & Rep	Type of Activity			
		Run		Cardio			
				Cardio			
1				Muscular Endurance			
				Muscular Endurance			
				Strength			
				Strength			
		Run		Cardio			
				Cardio			
2				Muscular Endurance			
				Muscular Endurance			
				Strength			
				Strength			
		Run		Cardio			
				Cardio			
3				Muscular Endurance			
5				Muscular Endurance			
				Strength			
				Strength			
		Run		Cardio			
				Cardio			
Δ				Muscular Endurance			
<b>–</b>				Muscular Endurance			
				Strength			
				Strength			
		Run		Cardio			
				Cardio			
5				Muscular Endurance			
				Muscular Endurance			
				Strength			
				Strength			

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

Physical Education						
	6 Week Planner					
Week	Dates	Activity	Time/Sets & Rep	Type of Activity		
		Run		Cardio		
				Cardio		
1				Muscular Endurance		
				Muscular Endurance		
				Strength		
				Strength		
		Run		Cardio		
				Cardio		
2				Muscular Endurance		
				Muscular Endurance		
				Strength		
				Strength		
		Run		Cardio		
				Cardio		
3				Muscular Endurance		
5				Muscular Endurance		
				Strength		
				Strength		
		Run		Cardio		
				Cardio		
Δ				Muscular Endurance		
				Muscular Endurance		
				Strength		
				Strength		
		Run		Cardio		
				Cardio		
5				Muscular Endurance		
				Muscular Endurance		
				Strength		
				Strength		

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