

Date: \_\_\_\_\_

## Workout Plan - Checklist Template

### 1. Pre-Workout:

- Workout goal: Develop aerobic ability ("engine") for a professional CrossFit athlete (Mor)
- Logistics:
- (1) Schedule workout, (2) Book a CrossFit space, (3) Bring weights

### 2. Beginning:

- Training condition: Make sure equipment is intact; and that the AC is on. If not - adapt the sets to no AC.
- Trainee's condition: Review latest achievements, physical fitness - injuries, medical conditions, changes since the last workout etc. Also check mental aspects - is your trainee pre-occupied? With what?

### 3. Training Course:

- Warmup: Warm up the muscles you're about to use. In this case - I suggest 3 reps of workout sets - with no weights. Practice makes perfect.
- Main course: Check the table from Highlight 5 (Personalisation)

Exercise	Sets	Reps	Tempo	wight	Rest	Coaching tips
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- Cooldown: Jogging and stretching for relaxation.

### 4. Ending:

- Trainee's condition: Ask her - how do you feel physically? Was the difficulty level right for you? How do you feel about your performance? Anything else on your mind?
- Feedback: Mor's feedback was that she's been lifting the same weight for a while and can do more :) Also, as she's training for a contest, she asked to work with another trainee next time.

### 5. Post-Workout:

- What went wrong? There was a slight delay due to studio arrangements.
- What will I do differently the next time? I'll add 15 min buffer time.
- What went well? The sprints were a great addition to the engine building workout + we started with a meditation to clear More's mind.
- How do I maintain and amplify it? We're going to add more aerobic exercises like rope jumping and running with rubber band + turn 3 min meditation at the beginning to a routine.