

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

## Workout Table

Workout goal:

Strengthen legs, to improve my running.

Exercise	Sets	Reps	Tempo	wight	Rest	Coaching tips
Squat		20			1 min	
Lunge		20			1 min	
Box Jump		20			1 min	

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

\*Feel free to add columns /+ rows and edit the headings according to your type of sport, workout, and goal.