



Session Planning Sheet
Planning & Delivering Physical Fitness Sessions



Client name:

Session title:

Date:

Session Introduction

Notes:

Warm-up

Time	Exercise	Intensity / Workload	Key points / Progressions, regressions & alternatives
1			
2			
3			

Dynamic Stretches (FITT)

Time	Exercise	Intensity / Workload	Key points / Progressions, regressions & alternatives
1			
2			
3			
4			

Main Resistance component (inclusive of using function equipment or a circuit)

Training system / method (FITT):

Time	Exercise	RM / FW / BW / FTE	Sets / Reps	Intensity / Workload	Key points (as above)
1					
2					
3					
4					
5					

Main Cardiovascular (CV) component

Training system / method (FITT):

Time	Exercise	Intensity / Workload	Key points / Progressions, regressions & alternatives
1			
2			

Cool-down

CV exercise and static stretches (FITT)

Time	Exercise	Intensity / Workload	Key points / Progressions, regressions & alternatives
1			
2			
3			
4			
5			
6			

Session De-brief

Notes:

↑ Things I need to do or include in the above session ↑

Communication & Soft Skills

1

2

Planning & Instructing

1

2

Additional notes:

This Learner Achievement Portfolio (LAP)
was developed in accordance with
Focus Awards qualification structure.

www.summitfitnesssolutions.com
info@summitfitnesssolutions.com
Company number: 12297788

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