GOAL:	PHASE:				
	1				
WARM-UP					
Exercise	Sets		Duration		Coaching Tip
CORE/BALANCE/PLYOMETRIC					
Exercise	Sets	Reps	Tempo	Rest	Coaching Tip
SPEED/AGILITY/QUICKNESS					
Exercise	Sets	Reps	Tempo	Rest	Coaching Tip
RESISTANCE					
Exercise	Sets	Reps	Tempo	Rest	Coaching Tip
COOL-DOWN					
Exercise	Sets		Duration		Coaching Tip
			24.46.3		
Coaching Tips:					

DATE:

TOP FLIGHT ATHLETICS
THEORY CAN SERVING FOR THE WISH STREET

CLIENT'S NAME: