

Overhead
Transparency
Master

18-B

SAMPLE WEEKLY EXERCISE PLAN

Weekly exercise plan for Oct. / 20 to Oct. / 27
Month Day Month Day

Day	Activity	Time of day	How long?	Activity	Time of day	How long?
M O N	warm-up	7:30 AM	5 min.	_____	_____	__ min.
	jogging	7:35 AM	20 min.	_____	_____	__ min.
	special exercises for flexibility	8:00 AM	10 min.	_____	_____	__ min.
	cool-down	8:15 AM	5 min.	_____	_____	__ min.
T U E	warm-up	4:00 PM	5 min.	_____	_____	__ min.
	special exercises for strength	4:05 PM	20 min.	_____	_____	__ min.
	cool-down	4:30 PM	5 min.	_____	_____	__ min.
	_____	_____	_____	_____	_____	_____
W E D	warm-up	7:30 AM	5 min.	_____	_____	__ min.
	jogging	7:35 AM	20 min.	_____	_____	__ min.
	special exercises for flexibility	8:00 AM	10 min.	_____	_____	__ min.
	cool-down	8:15 AM	5 min.	_____	_____	__ min.
T H U	warm-up	4:00 PM	5 min.	_____	_____	__ min.
	special exercises for strength	4:05 PM	20 min.	_____	_____	__ min.
	cool-down	4:30 PM	5 min.	_____	_____	__ min.
	_____	_____	_____	_____	_____	_____
F R I	warm-up	7:30 AM	5 min.	_____	_____	__ min.
	jogging	7:35 AM	20 min.	_____	_____	__ min.
	special exercises for flexibility	8:00 AM	10 min.	_____	_____	__ min.
	cool-down	8:15 AM	5 min.	_____	_____	__ min.
S A T	warm-up	10:00 AM	5 min.	_____	_____	__ min.
	tennis	10:05 AM	60 min.	_____	_____	__ min.
	cool-down	11:05 AM	5 min.	_____	_____	__ min.
S U N	_____	_____	__ min.	_____	_____	__ min.
	bicycle ride	2:00 PM	60 min.	_____	_____	__ min.
	_____	_____	__ min.	_____	_____	__ min.

From Fitness for Life: Teacher Resources and Materials, Fifth Edition by Karen McConnell, Charles B. Corbin, and Darren Dale, 2005, Champaign, IL: Human Kinetics.