**Workout Plan - Checklist Template**

1. **Pre-Workout:**

* Workout goal:

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* Logistics:
  + Coordination, location, equipment, etc...

1. **Beginning:**

* Training condition
* Trainers condition

1. **Training Course:**

* Warmup
* Main course:

| **Exercise** | **Sets** | **Reps** | **Tempo** | **wight** | **Rest** | **Coaching tips** |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |

* Cooldown

1. **Ending:**

* Trainees condition
* Feedback

1. **Post-Workout:**

* What went wrong?
  + What will I do differently the next time?
* What went well?
  + How do I maintain and amplify it?