

Theme of the session :													
Objective of the session:													
Coach				Date				Place					
Mesocycle n°				Microcycle n°				Session n°					
Session duration				Estimated RPE				Estimated Load (A.U)					
													
Description				Diagram				Coaching points					
Warm up : Dosage :													
EXERCISE 01 : Dosage :													

EXERCISE 02 :

Dosage :

EXERCISE 03 :

Dosage :

Cool down :
