

BLANCHARD BAND CONDITIONING CHART

Structure your weekly exercise plan. You can do this!!

WEEK / / to / /

GOALS _____

STRETCHING & WARM UP

DAYS: _____

ACTIVITY	TIME / DIST	INTENSITY*	NOTES

STRENGTH TRAINING

DAYS: _____

EXERCISES	SETS / REPS	REST TIME	NOTES

CARDIO TRAINING

DAYS: _____

EXERCISES	TIME / DIST	INTENSITY*	NOTES

COOL DOWN

DAYS: _____

ACTIVITY	TIME / DIST	INTENSITY*	NOTES

* Intensity: easy/medium/hard or poor/good/excellent