

ACE IFT® MODEL EXERCISE PROGRAMMING TEMPLATE

Client Name: _____

Client Goals: _____

Client-centered Considerations: _____

Frequency (active and rest days): _____

Cardiorespiratory Training Phase: _____

Muscular Training Phase: _____

- | | |
|---|--|
| <p><input type="checkbox"/> Base Training
<i>Focus on moderate-intensity exercise below the talk test threshold</i></p> <p><input type="checkbox"/> Fitness Training
<i>Build on Base Training through the introduction of zone 2 intervals performed from VT1 to just below VT2</i></p> <p><input type="checkbox"/> Performance Training
<i>Build on Fitness Training and introduce zone 3 intervals performed at and above VT2</i></p> | <p><input type="checkbox"/> Functional Training
<i>Focus on establishing postural stability and kinetic chain mobility</i></p> <p><input type="checkbox"/> Movement Training
<i>Focus on training the five primary movement patterns while incorporating Functional Training exercises in the warm-up and cool-down</i></p> <p><input type="checkbox"/> Load/Speed Training
<i>Focus on load and speed goals while including Functional Training exercises in the warm-up and cool-down and loading primary movement patterns</i></p> |
|---|--|

Exercise Goal*	Exercise/Exercise Mode	Intensity†	Volume‡
Warm-up:			

