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| Pearson Edexcel Level 1/Level 2 GCSE (9-1) in Physical Education 1PE0/04 | |
| Centre Name: | Centre number; |
| Candidate name: | Candidate number: |
| Chosen activity / sport |  |
| Chosen methods of training |
| Date and number of training session: |

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| Pre – exercise heart rate before warm up | Working heart rate | Immediate post-exercise heart rate |
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| Recovery heart rate at the following intervals (bpm) | 1 min | 2 min | 3 min | 4 min | 5min |

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| Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session. |
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| Any adaptations or changes you have made to this training session and why |
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