

Fitness activity log



Fitness activity log BY ALLEGIANCE Physical Education Activity Log Name:

Alex Wallace Week # 4 Date 10-3-14 Workout 1 Workout 2 Workout 3

Workout 4 Workout 5 Date 9/29/30 10/1 10/2 10/3 Total Time min min 41

min min Activity- describe in detail *Terrain (runs/ walks- uphill's/downhill)

*waves (size and frequency) swimming strokes, length, time... *Weight

training (which machines, setting of machines, frequency, in what time..

Reps etc..) *Tennis (volleys approximately 50 in 15 minutes.

Playing singles, doubles, travesties, serves how many in how much time

etc...) Etc. Warm-up (time)- Main activity – Cool down (time)- Went

swimming for 30 minutes , did 15 laps, 5 laps breast stroke, 5 laps backward,

2 laps swimming with Just my legs , 2 using Just my arms and 1 rest lap. 7

minutes stretch and light Jog to the pool, 0. 3 miles away Go swim laps 7

minutes stretch and a light Jog back home 0. 3 miles away Biked 4 miles 2

miles up hill *25 minutes 2 miles down hill *20 minutes 5 minute squats and

stretching

Bike ride 7 minute light Jog 0. 2 miles 30 minute yoga- side plank, tree,

squat, chair , warrior 1, warrior 3, bridge, downward dog, est.. 50 Jumping

Jacks 1 minute Yoga 10 minutes of meditation 25 minutes of Volleyball- 2

against 3, play till 307 minutes light Jog 0. 3 miles and stretch Volleyball 7

minutes stretch and a light Jog back home 0. 3 miles away Ran miles uphill

and 2 back downhill took minutes 5 minutes of stretching and burpees Run 5

cool down Jog 200 meters and stretch Coach initials