

GOALS

RISKS

TACTICS

Exercise Worksheet

TACTIC 03 / 05

STEP 1. ASSESS

Exercise Worksheet

DATE

MARGINAL DECADE GOALS

CENTENARIAN DECATHLON OBJECTIVES

STEP 1. ASSESS

Exercise Worksheet

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MARGINAL DECADE GOALS

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EXERCISE PHENOTYPES (CIRCLE ONE)

Beginner

I DON'T REALLY EXERCISE

Cardio

I MOSTLY DO CARDIO

Strength

I MOSTLY DO STRENGTH TRAINING

Maximalist

I DO IT ALL

FITNESS TRAINING BASELINE

TRAINING AGE

CURRENT TRAINING VARIETY

ACUTE OR CHRONIC INJURIES

I ENJOY THESE PHYSICAL ACTIVITIES

OPPORTUNITY COST

WHAT DOES SPENDING MORE TIME ON EXERCISE TAKE ME AWAY FROM?

STEP 1. ASSESS

Exercise Worksheet

DATE

CURRENT LEVEL OF FITNESS

CURRENT VO2 MAX AND PERCENTILE

HOW DOES IT COMPARE TO MY STRETCH GOAL AS DISCUSSED IN LESSON 9.4?

CURRENT ZONE 2 WATTAGE

HOW DOES IT COMPARE TO MY STRETCH GOAL AS DISCUSSED IN LESSON 9.4?

CURRENT LEAN MUSCLE MASS (ALMI)

HOW DOES IT COMPARE TO MY STRETCH GOAL AS DISCUSSED IN LESSON 9.5?

WHAT DO MY CENTENARIAN DECATHLON OBJECTIVES TELL ME ABOUT HOW STRONG I NEED TO BE TODAY TO ACCOMPLISH MY MARGINAL DECADE GOALS?

STEP 3: TRACK

DATES

Exercise Worksheet

WEEK 1

DAY/DATE	STRENGTH	STABILITY	AEROBIC EFFICIENCY ZONE 2 (MINS)	ANAEROBIC PERFORMANCE VO2 MAX (MINS)
1				
2				
3				
4				
5				
6				
7				
WEEKLY TOTALS				

WEEK 2

DAY/DATE	STRENGTH	STABILITY	AEROBIC EFFICIENCY ZONE 2 (MINS)	ANAEROBIC PERFORMANCE VO2 MAX (MINS)
1				
2				
3				
4				
5				
6				
7				
WEEKLY TOTALS				

STEP 3: TRACK

DATES

Exercise Worksheet

WEEK 3

DAY/DATE	STRENGTH	STABILITY	AEROBIC EFFICIENCY ZONE 2 (MINS)	ANAEROBIC PERFORMANCE VO2 MAX (MINS)
1				
2				
3				
4				
5				
6				
7				
WEEKLY TOTALS				

WEEK 4

DAY/DATE	STRENGTH	STABILITY	AEROBIC EFFICIENCY ZONE 2 (MINS)	ANAEROBIC PERFORMANCE VO2 MAX (MINS)
1				
2				
3				
4				
5				
6				
7				
WEEKLY TOTALS				

REFLECT

Exercise Worksheet

DATE

HOW OFTEN AM I FOLLOWING MY EXERCISE PROGRAMMING? WHAT ADJUSTMENTS SHOULD I MAKE TO DO BETTER?

HOW DOES MY EXERCISE PROGRAMMING NEED TO EVOLVE BASED ON MY PROGRESS?

HOW AM I DOING BASED ON MY CENTENARIAN DECATHLON OBJECTIVES, AND DO I NEED TO ADD NEW OBJECTIVES?

I WILL RETEST MY VO2 MAX
ON...

I WILL RETEST MY ZONE 2
CAPACITY ON...

I WILL RETEST MY DEXA
(LEAN MUSCLE MASS) ON..



Not medical advice

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