

Printable training plan

A blank worksheet for an individual plan. Record goals, schedule, prescription, and actual work.

CLIENT

PRIMARY GOAL

START DATE

COACH

PLAN PERIOD

REVIEW DATE

Weekly structure

Day / session	Focus	Time available	Equipment	Backup option

Effort and logging agreement

- ☐ Coach and client use the same definition of target RPE.
- ☐ The client records actual load, repetitions, and RPE after the working set.
- ☐ A partial session is marked partial rather than fully completed.
- ☐ Substitutions are agreed in advance or checked before use.

CONSTRAINTS AND NOTES

WHAT THE REVIEW WILL EXAMINE

Training day 1

Prescription on the left, actual work and notes on the right.

DATE

FOCUS

DURATION

EQUIPMENT

Exercise	Sets	Reps	Target RPE	Rest	Substitute	Actual / notes

Session result

☐ completed

☐ partial

☐ missed

SESSION RPE

ACTUAL DURATION

CLIENT AND COACH FOLLOW-UP

Training day 2

Prescription on the left, actual work and notes on the right.

DATE

FOCUS

DURATION

EQUIPMENT

Exercise	Sets	Reps	Target RPE	Rest	Substitute	Actual / notes

Session result

☐ completed

☐ partial

☐ missed

SESSION RPE

ACTUAL DURATION

CLIENT AND COACH FOLLOW-UP

Training day 3

Prescription on the left, actual work and notes on the right.

DATE

FOCUS

DURATION

EQUIPMENT

Exercise	Sets	Reps	Target RPE	Rest	Substitute	Actual / notes

Session result

☐ completed

☐ partial

☐ missed

SESSION RPE

ACTUAL DURATION

CLIENT AND COACH FOLLOW-UP

SOCRA.FIT

Turn the plan into daily coaching.

Use Socra.fit to connect the plan with workout records, check-ins, and adherence.

Try Socra.fit free | socra.fit/en

Your first three active clients are free, with no time limit.