## ACE IFT<sup>®</sup> MODEL EXERCISE PROGRAMMING TEMPLATE

Client Name:						
Client Goals:						
Clien	t-centered Considerations:					
Frequ	iency (active and rest days):					
Cardi	orespiratory Training Phase:					
Musc	ular Training Phase:					
	<b>Base Training</b> Focus on moderate-intensity exercise below the talk test threshold		<b>Functional Training</b> Focus on establishing postural stability and kinetic chain mobility			
	<b>Fitness Training</b> Build on Base Training through the introduction of zone 2 intervals performed from VT1 to just below VT2		<b>Movement Training</b> Focus on training the five primary movement patterns while incorporating Functional Training exercises in the warm-up and cool-down			
	<b>Performance Training</b> Build on Fitness Training and introduce zone 3 intervals performed at and above VT2		<b>Load/Speed Training</b> Focus on load and speed goals while including Functional Training exercises in the warm-up and cool-down and loading primary movement patterns			

Exercise Goal*	Exercise/Exercise Mode	Intensity <sup>+</sup>	Volume <sup>‡</sup>				
Warm-up:							



Exercise Goal*	Exercise/Exercise Mode	Intensity <sup>+</sup>	Volume <sup>‡</sup>				
Conditioning:							
Cool-down:							

\* = Movement pattern, technique, skill, recovery, etc.

† = Weight, load, speed, zone, etc.

‡ = Sets, repetitions, duration, rest, etc.

Programming Notes:

Note: VT1 = First ventilatory threshold; VT2 = Second ventilatory threshold