



Name: _____

Date: _____

Competition Island

Instructions: As a contestant on the new reality TV show, *Competition Island*, you will compete in physical tasks to win fame and fortune! Because the physical challenges require strength and endurance, the show producers want you in top physical shape. You must submit a plan for how you will train prior to your arrival on the island. Start planning how you will turn your body into a well-oiled machine because *Competition Island* awaits!

Training Plan for Competition Island

Aerobic Exercise	How will these activities improve your fitness level?

Strength Training	How will these activities improve your fitness level?

Flexibility Training	How will these activities improve your fitness level?



Sample Training Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Time:	Time:	Time:	Time:	Time:
Activity:	Activity:	Activity:	Activity:	Activity:
Duration:	Duration:	Duration:	Duration:	Duration:
Time:	Time:	Time:	Time:	Time:
Activity:	Activity:	Activity:	Activity:	Activity:
Duration:	Duration:	Duration:	Duration:	Duration: