**PACE Workout Log**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Exercise:** | |  |  |  | **Warm Up:** | |  |  | **Date:** | | |  |
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|  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Set 1** | |  |  |  | **Set 2** | |  |  |  | **Set 3** | |  |
|  |  |  | |  | |  |  |  |  | |  |  |
| **Exertion** |  | **Recovery** | | **Exertion** | |  | **Recovery** |  | **Exertion** | |  | **Recovery** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Additional Sets:** | |  |  |  |  |  |  |  |  |  |  |  |
| **Set 4** | |  |  |  | **Set 5** | |  |  |  | **Set 6** | |  |
|  | |  | |  | | |  |  |  | | |  |
| **Exertion** |  | **Recovery** | | **Exertion** | |  | **Recovery** |  | **Exertion** | |  | **Recovery** |
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**Maximum Heart Rate:** **Exertion (1 to 10):**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Exercise:** | |  |  |  | **Warm Up:** | |  |  | **Date:** | | |  |
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| **Set 1** | |  |  |  | **Set 2** | |  |  |  | **Set 3** | |  |
|  |  |  | |  | |  |  |  |  | |  |  |
| **Exertion** |  | **Recovery** | | **Exertion** | |  | **Recovery** |  | **Exertion** | |  | **Recovery** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Additional Sets:** | |  |  |  |  |  |  |  |  |  |  |  |
| **Set 4** | |  |  |  | **Set 5** | |  |  |  | **Set 6** | |  |
|  | |  | |  | | |  |  |  | | |  |
| **Exertion** |  | **Recovery** | | **Exertion** | |  | **Recovery** |  | **Exertion** | |  | **Recovery** |
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**Maximum Heart Rate:** **Exertion (1 to 10):**