

My interval session record

Keep the whole session and your actual response together.

Session date and movement / equipment

Intended effort and individually agreed guidance

Setup / warm-up / cooldown minutes

Rounds / work seconds / recovery seconds

Final recovery convention and full session total

Actual rounds / effort / recovery changes

Nearest demanding leg sessions and usual activity

Next review, change or professional question

Total = setup + warm-up + work + counted recovery + cooldown.

Include N recoveries after N work periods, or N-1 before a direct cooldown.

This record does not establish medical suitability or prescribe intensity.