

**FURZE
PLATT**
SENIOR SCHOOL



TRAINING PROGRAMME

AMBITIOUS

COLLABORATIVE

HAPPY

INTEGRITY

ENDURANCE

VERSATILITY

EXCELLENCE

- Think back to an early training session you planned yourself.
- What would you do differently to what was proposed?
- What improvements?
 - What would you change
 - What the hell were you doing?
 - What did you think would happen?

Reflections

- What training methods did your first session look like?
- What exercises did you do?
- Did you have a clue or did you just throw together stuff that looked half decent?

2 questions to ask before designing a programme

- Write down two guesses. What two questions would you need to ask yourself/client before setting up a training programme.
 1. What do they want (& need) to improve
 1. What component/s
 2. How am I going to improve it?
 1. Methods of training
 2. Frequency of training

Smarter targets

- Specific
- Measurable
- Achievable
- Realistic
- Time bound
- Exciting
- Recordable

Before we set our smarter target

- Access your resources.
- Time is a huge resources. Doing cardio for one hour each day may not fit at the moment.
- Free weights, cardiovascular machines, mats, bands, kettlebells. Shoes, clothing, coaching.

Specific

- It says exactly what you want to improve.
- “To increase the **STRENGTH** in my lower body”

Measurable

- You can prove you got there!
- “Increase my back squat by 10kg”

Achievable

- Something you can achieve
- Sounds similar to realistic but this links more to resources (including time) and inclination.
- No point in wanting to increase a back squat if you have no access to weights etc.

Realistic

- You can reach it but it is still a challenge.
- The increase must be manageable.
- “an increase in my back squat by 20kg” is not realistic in 6 weeks
- “an increase in my back squat by 1-4kg” is attainable at the start but may become harder the stronger you get.

Timed

- They have an end point, a deadline.
- “In 6 weeks time”

Exciting

- Ensure you look forward to training. You shouldn't be bored.
- If this happens try to put movements and exercises you like in there as a reward.

Recordable

- Keep accurate records of everything you do in a training diary. This tracks you and motivates you when you look back.

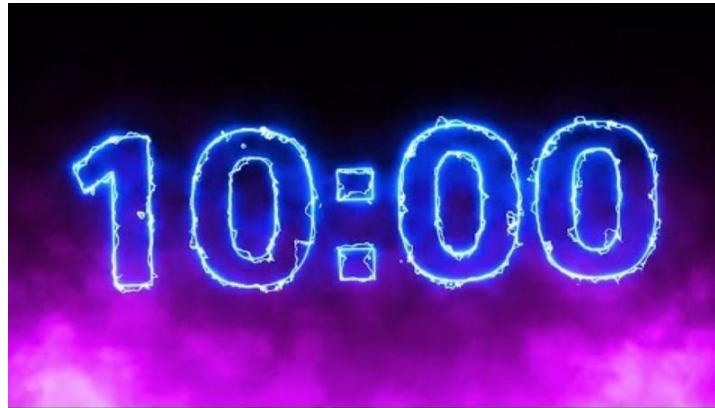
Principles of training

- Once we have set our SMARTER targets we must go about getting there!
- Over the course of 6 weeks we can progressively overload ourselves (or client).

- Helen is a 48-year-old female. She works as a receptionist, spending eight hours a day sitting behind a desk.
- She drives two miles to work every day and does not take part in any exercise. Helen notices that her health is starting to deteriorate.
- She often feels tired and regularly suffers from chest pains. She has decided to see her general practitioner who will do a health assessment on her.
- Helen's blood pressure, resting heart rate, Body Mass Index (BMI) and waist to hip ratio were all measured as part of her health assessment.
- The doctor has suggested that her lifestyle is not appropriate and that she is at risk of developing coronary heart disease (CHD).
- Helen decides to change her lifestyle for the better as she does not want her condition to deteriorate any more. Her main aim is to increase her overall health and well-being.

Planning a 6 week programme

- Get your pens out and start planning a 6 week programme for Helen.
- Let's take 10 minutes on week 1.
 - Make it easier than you think, for most, it's never a race.



- Frequency. Visits to the gym are not as important as what they do when there. Don't increase their FREQUENCY until working at suitable intensity and for decent time. You don't want novices in the gym too often in a week until their bodies are ready to respond to it.
- Intensity. How hard you are working in the exercise. Could be speed, weight, repetitions, height, distance, etc.
- Time. How long is the session?
- Type. Chose the type of training that is related to your individual needs and goals

Which Principles of training would you apply to these guys?

- Consider the following scenarios. All have done this for 3 months and their progress has plateaued. How could we make them work harder.
- Already trains 4x a week in lunch periods. Has no more time available due to family.
- Trains 1x a week after work for an hour.
- Trains 3x a week on a Mon, Tue, Fri.
- Swims 2x a week.
- Lifts weights to look good for Instagram working on pectorals, biceps and abdominals.

Go back to your 6 week programme

- Keep planning. Let's do week 3
- There should be a clear development of FITT throughout week 1 – 6 but make the changes **small and incremental**.
- They will only look to weeks 1, 3, and 6.
- Go back through and write FITT in the margin. Explain how you have used each principle for that week.

Exam example

- Review the provided 6 week training programme

Q5 – Design weeks 1, 3 and 6 of a 6-week fitness training programme for Helen Jones.

Majority of the marks for question 5 would be gained if learners could design a training programme that demonstrated specific relevance to all of the fitness requirements of the individual. Learners must include Aerobic Endurance and Muscular Endurance activities within the programme design. Flexibility training methods would make the programme even more specific to the chosen individual.

The training programme should also demonstrate a thorough understanding of the principles of fitness training, in the context of the individual's lifestyle or training requirements. The FITT principle must be applied in full detail to the programme, being specific with the intensity of each activity. Additional principles of fitness training must also be applied such as specificity, overload, progression, reversibility, rest and recovery, adaptation, variation and individual needs. Not all of the additional principles of fitness training need to be applied here but the programme must demonstrate a thorough understanding of these and that they have been taken into account when designing the 3 weeks of the 6-week programme.

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Physical activity <i>Morning</i>	walk to bus stop, bus to work	walk to further bus stop, bus to work.	walk to further bus stop, bus to work	Rest Drive to work	walk to work 2 miles	30 min run @ 50% of max HR	Rest 2
<i>lunch</i>	20 mins walk = continuous @ 50% MHR (max heart rate)	Rest Healthy lunch = salad	30 min brisk walk = continuous @ 50% MHR	20 min interval training, walk to lampost, run to lampost @ 50% MHR	20 min max run = continuous @ 40% MHR	Rest 3	Rest 4
<i>Evening</i>	walk to bus bus stop, bus home	walk to further bus stop, bus home core stability - plank = 30secs - dolphin = 1min - planks triangle = 3mins	take bus home core stability - plank = 30secs - dolphin = 2 mins - lunge = 1min	walk home = 2 miles = @ 50% MHR Core stability - Boat = 1min - Plank = 1min - static stretching = 5mins	Rest drive home active stretching on/in - passive stretch with neighbour 15min	yoga class 30mins	Rest 5

5 Design weeks 1, 3 and 4

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Physical activity <i>Mon</i>	cycle to work - continuous @ 60% MHR	walk to work	walk to work	cycle to work - continuous @ 60% MHR	walk to work	45 min run - continuous @ 60% MHR	Rest 1
<i>Lunch</i>	fortle 30 min @ 60% MHR	30 min run @ 60% MHR	30 min brisk walk @ 50% MHR	Rest 2	30 min run interval training @ 55% MHR	passive + active stretches 15 mins	Rest 3
<i>Even</i>	cycle home Gym resistance machines 3 sets 25 reps - bench press - leg curl - bicep curl	run home @ 60% MHR Gym resistance machines 3 sets 25 reps - barbell press (light) - deltoids - trapezius - biceps	8 station circuit at local school 30 sec at each 3 circuits 1 hr	cycle home @ 60% MHR active - passive stretch 15 min Gym 3 sets 25 reps low weights, deltoids, back, abdominals	Gym: low resistance 3 sets 20 rep medium weight - Pectoral - biceps - triceps	Yoga class 45 mins	Rest 4

Week 6

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Physical activity <i>mom</i>	cycle to work @ 65% MHR	cycle to work @ 65% MHR	cycle to work @ 65% MHR	cycle to work @ 65% MHR	cycle to work @ 65% MHR	50min run = continuous @ 65% MHR	Rest
<i>lunch</i>	yoga class 30mins	plyometric ladders, jumping rope, medicine ball, benches, kudels 30mins @ 65% MHR	Rest 2	30min interval training bike ride @ 65% MHR	Skipping 4 rounds of 2mins each	Pilates class 45mins	Rest 3
<i>eve</i>	walk home interval training 45mins @ 65% MHR	Gym resistance machines 3 sets 25reps • bench press • leg curl • bicep curl	Kettle @ 65% MHR run, jog, walk 45mins	Circuits 8 stations 30sec at each station 3 circuits 1 hour	Gym work fixed resistance 3 sets of 20 reps medium weights • pectoral • biceps triceps	passive static stretching • quadriceps • hamstrings • deltoids hold for 30 seconds	Rest 4

(Total for Activity 5 = 6 marks)

The learner has designed a training programme that demonstrates specific relevance to all of the fitness requirements of the individual as they have included training methods for aerobic endurance, muscular endurance and flexibility. The learner has included continuous, interval and fartlek training for aerobic endurance, resistance machines and circuit training for muscular endurance as well as passive and static stretching for flexibility. This part of the answer has fallen into mark band 3 for trait 1 of the mark scheme.

The training programme that has been designed has also demonstrated a thorough understanding of the principles of fitness training, in the context of the individual's lifestyle or training requirements. The learner has implemented the FITT principle each week and clearly stated the intensity for majority of the sessions. The training programme is specific to the individual and their needs and lifestyle as it is based around their daily work routine. The programme progresses each week, has included rest and recovery days, has variation included with a variety of different training methods being used and the programme also takes the persons individual needs into account by having simple activities at the start of the programme and progresses these as the weeks move on. This part of the answer has fallen into mark band 3 for trait 2 of the mark scheme.

Additional principles of training to bear in mind when we plan our programme

- SPORRAVI



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periodisation

- To collect full marks we will need to make reference to this within our answer.
- Macrocycles, mesocycles, and microcycles.
- Long, mid, short range goals
- Each should link to the next

Macrocycle

- A 1 to 4 year cycle.
- Think of a football/rugby player. They need pre season to get to a level then need to maintain and stay fresh throughout the year.
- An Olympian would have 4 years to prepare for their event.

Mesocycle

- Break your macrocycle down and into a mesocycle.
- These are between 4-24 weeks
- This helps us not overtrain
- If we have a work to rest ratio of 3:1 then we would work for 3 weeks followed by a rest/lighter/deload week.

Microcycle

- Each mesocycle is broken down into smaller microcycles.
- Usually a week but can be 5-10 days.

Macrocycle (1 year)											
Mesocycle (4 months)				Mesocycle 2 (4 months)				Mesocycle 3 (4 months)			
Micro1-4	Micro5-8	Micro9-12	Micro13-16	Micro1-4	Micro5-8	Micro9-12	Micro13-16	Micro1-4	Micro5-8	Micro9-12	Micro13-16
3:1	3:1	3:1	3:1	3:1	3:1	3:1	3:1	3:1	3:1	3:1	3:1