

# Personal Exercise Programme (PEP)

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Candidate Number 

Centre Number 

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# Introduction

My Personal Exercise Programme will be focused on the components of fitness that is key to my chosen sport of rugby. I will be basing my PEP on the weaknesses that I have found from the fitness tests I completed before my 6-week exercise programme in order to hopefully boost my performances which could increase the chances of winning games.

# My Pre-PEP Fitness Test Results

<u>Speed</u> <u>30M Sprint (seconds)</u>	a) 5.93 b) 5.76 c) 5.6
<u>Agility</u> <u>Illinois (seconds)</u>	a) 17.3 b) 17.1
<u>Flexibility</u> <u>Sit &amp; Reach (centimetre)</u>	a) 18 b) 20
<u>Reaction Time</u> <u>Ruler Drop Test (centimetre)</u>	a) 23 b) 12 c) 15
<u>Muscular Strength</u> <u>Hand Grip Dynamometer (Kg)</u>	Left hand: 33 Right hand: 36
<u>Cardiovascular Fitness</u> <u>12 Minute Run (metres)</u>	9 laps of a football pitch. Estimate of about 2,700m.

All my scores will be compared to the national average:

My mean for the 30m sprint which is 5.763 is considered poor (which shows me this is an area that needs a large amount of improvement). My mean for the Illinois test is 17.2 which is considered average. My mean for flexibility which is 19 is considered above average. My mean for reaction time is 13.5, (I did not include the score of 23 while calculating this, as it is an anomaly). I could not find an average to compare to for this test. For muscular strength I could not find an average to compare to considering my age. For cardiovascular fitness 2,700 metres is considered excellent, which shows that this area isn't my priority to improve on.

From my pre-PEP test results, I have decided to aim to improve on my **speed** and **agility** as they are areas considered poor and average which shows in order to improve my performance I will need to improve on these areas. The training method I will undertake in order to achieve my targets are:

Interval: It allows quick and high intensity exercises with rest which is necessary to improve on both **speed** and **agility** as it is anaerobic. a short time-period exercise, allowing me to increase speed and agility.



# PAR Q Form

(see appendix 1)

# Principles of Training/ SMART Targets

The best exercise programmes are built on principles of specificity, overload, progression and reversibility. FITT principles can also help plan the programme for individual goals.

## FITT Principle:

**Frequency (how often):** Once per week to give myself enough rest to recover (as I train with my club on Thursdays and Sundays).

**Intensity (how hard):** I will try and be in my aerobic target zone, and as high as possible to achieve high intensity. I would like to achieve **at least 70% of my maximum heart rate (143.5 BPM)**.

**Time (how long):** 1 Hour. (10 minutes getting changed and equipment set up. At least **45 minutes of training/ exercise**).

**Type (method):** Interval training (repeated sprints, short bursts, repetitions of high-quality work that raises the heart rate to near maximum).

## Specificity:

In order to improve my activity, (which is rugby) I will work on:

- **Speed**, so that I can get to breakdowns quickly and also for when I am on the ball to get past the opposition without getting tackled.
- **Agility**, to step the opposition defenders. (To fool my defender into one direction and quickly going to the other quickly and with full control).

I will use the type of **progressive overload** where I will gradually increase the intensity each week to improve my fitness levels.

I usually train about 5 hours a week but now it will increase by at least an hour due to my personal exercise programme. Hopefully by the end of the six-weeks I will see improvement in my fitness levels.

### **Individual Needs:**

When planning a PEP, the needs of the individual athlete comes first. Every athlete has different needs and a different starting point. This is why I did various fitness testing to find my weaknesses and to create a starting point suitable to my abilities.

## **SMART Targets:**

**S-specific**

**M-measurable**

**A-attainable/ achievable**

**R-realistic**

**T-time-based**

- 1.** By the end of the 6 weeks, I want to be able to run 30m in 5.3 seconds.  
In order to achieve my goal, I will practice every week for one hour and at the end of my six weeks I will once again do a 30m sprint test to see if I have achieved my goal. My average is about 5.7 seconds, so I will need to cut down 0.4 seconds.
- 2.** By the end of the 6 weeks, I want to be able to improve my agility. In the Illinois test, I want to be able to finish it in under 16.5 seconds. My average is about 17 seconds so I will need to improve by 0.5 seconds

## **Methods of Training**

### **Speed & Agility: Interval Training & Weight Training**

To improve my **speed** and **agility**, I will do interval training as it is high intensity which is suitable in order to improve my 30 metre sprint and the Illinois test. As it is an anaerobic exercise I will do series of quick repetitions of high quality and high intensity activities; this can also improve my cardiovascular fitness as it raises my heart rate to near maximum. I will do repeated sprints and agility tests over short bursts. I will also do a little weight training by using parachutes when sprinting.

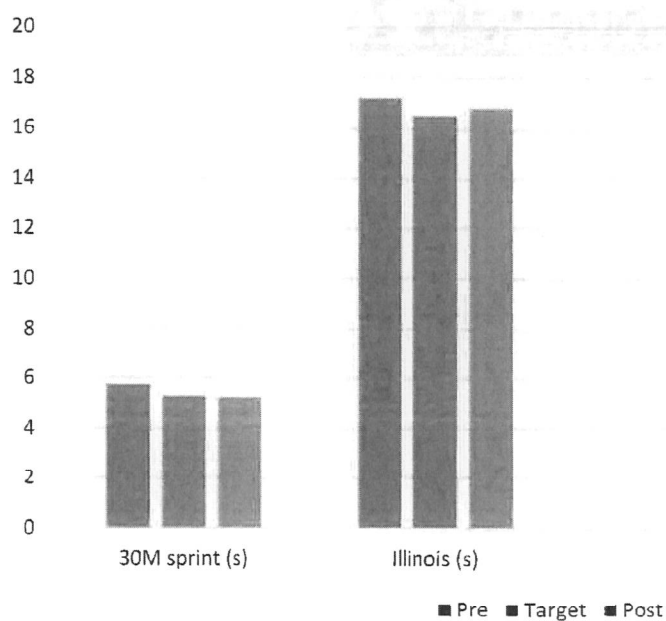
**Carrying out and**  
**Monitoring my PEP**  
**(see appendix 2)**

## Conclusion

Comparison of pre and post PEP results. (see appendix

	Type	Results Pre-PEP	Target	Results Post-PEP
Speed	30m sprint	5.76 s (average)	5.3	5.24
Agility	Illinois test	17.2 s (average)	16.5	16.8

	Pre-PEP	Target	Post-PEP
RHR	82	75	77
WHR	126	143.5	142



## Review

The table and graph show that I have improved on both my speed and agility however I couldn't achieve my target of 16.5 seconds in my Illinois test, I was 0.3 seconds off. I believe this is because of not having enough time to do more agility exercises because of the 60-minute time restriction and used most of the time to improve on my speed. I think I could have improved my agility by focusing more on agility exercises instead of speed. I was able to achieve and exceed my 30 metre sprint tests target of 5.3 as I achieved an average of 5.24 seconds I believe this is mainly from the weight training of parachute sprints.

My fitness levels have definitely increased from the increases in intensity each week and the progressive overload. By the end of the 6 weeks I have been able to easily complete my session that I had struggled with the first few weeks and also my resting heart rate has decreased by 5 BPM meaning that my heart has gotten more efficient at pumping blood with less beats. My PEP results show that this training programme was successful even though I couldn't reach my agility target I still improved significantly. I was able to complete my 6-week programme putting full effort in and without injury.

### Method of training

I believe that the methods I chose (interval and weight training) were the best possible methods as I managed to improve greatly with efficiency in the space of 6 weeks.

### SMART targets

My targets had all the components of SMART which allowed to motivate me and gave me a clear deadline to work towards.

In conclusion, my PEP was very successful I could have improved more by maybe having more sessions each week instead of one, this would have allowed to fit in more exercises which could have improved my speed and agility significantly.



## Appendix 1

DATE:

NAME: [REDACTED]

DOB: 14/02/2002

AGE: 15

PHYSICIAN: None

Are you currently under a doctor's care?

NO

When was the last time you had physical examination?

N/A

Do you take any medication on a regular basis?

NO

Have you been recently hospitalised?

NO

Do you smoke?

NO

Are you pregnant?

NO

Do you drink alcohol more than 3 times/week?

NO

Is your stress level high?

NO

## Session plans (appendix 2)

Wednesday	Method	Exercise	Time (minutes)
Changing room			5m
Warm-up			10m
Speed	Interval	30M sprint	10m
	Weight	Parachute sprinting	10m
Agility	Interval	Illinois Test	10m
Cool down			10m
Changing room			5m

### Warm-up and Cool-down

#### 1. Pulse raiser

Jog around the full perimeter of a football pitch (80% effort)

#### 2. Dynamic stretches

10 opening/closing 'gates'. 10 each leg

10 lunges on each leg

22m (x2) heel flicks

#### 3. Static stretches

Hamstrings & quadriceps

#### 4. Re-pulse raiser

100 metre sprint

### Cool-Down

Repeat 1-3

	Exercise	Target (RPE)	Achieved (RPE)
Week 1	30metre sprints x3	15 RPE	17 RPE
	Parachute Training x3	17 RPE	18 RPE
	Illinois Test x3	15 RPE	16 RPE
Week 2	30metre sprints x3	15 RPE	16/17 RPE
	Parachute Training x3	17 RPE	18 RPE
	Illinois Test x3	15 RPE	15 RPE
Week 3	30metre sprints x3	15 RPE	16/17 RPE
	Parachute Training x5	18 RPE	18-20 RPE
	Illinois Test x3	15 RPE	16 RPE
Week 4	30metre sprints x5	15-17 RPE	16 RPE
	Parachute Training x3	18 RPE	18-20 RPE
	Illinois Test x5	15 RPE	15 RPE
Week 5	30metre sprints x3	15-17 RPE	16 RPE
	Parachute Training x5	18 RPE	18/19 RPE
	Illinois Test x5	15 RPE	15 RPE
Week 6	30metre sprints x5	15 RPE	15 RPE
	Parachute Training x8	18 RPE	18/ 19 RPE
	Illinois Test x3	15 RPE	15 RPE

### Week 1:

This was my first PEP session and I managed to complete all three exercises. I could not meet any of my RPE targets however I was not far from meeting them apart from my 30 metre sprint test where I felt breathless towards the end. Next week I will keep the same plan to try and see any improvements on fitness.

### Week 2:

I kept the same training plan as last week hoping to see some improvements. My RPE results were generally the same probably because this is my second session however I felt slightly less out of breath after my sprints. Next week I will add more reps to my weight training and try and increase the intensity as progressive overload in order to improve my cardiovascular fitness gradually.

### Week 3:

My RPE remained the same for the 30 metre sprints and the Illinois test however as I increased the amount of reps with the parachute training from 3 to 5, towards the end my RPE increased to around 20. However, when I started my parachute training I was able to meet my RPE target of 18. Because this is a high intensity exercise I had to frequently have quick rests between each exercise.

### Week 4:

This week I increased 30m sprint reps from 3 to 5, and the Illinois test from 3 to 4 and decreased the reps in parachute training from 5 to 3 again. This is to balance out each exercise in order to efficiently improve on each speed and agility. This week I finally started to feel an increase in fitness as I was able to complete the exercises with less fatigue and I was able to my RPE targets in the 30m sprint and Illinois test, which I couldn't achieve last week.