

Name:

# GCSE PE

## Personal Exercise Programme



Word Count: 1,494

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## **Introduction**

My chosen sport is football, I play as a centre defensive midfielder.

Considering the principle of individual needs, my PEP will be tailored to my specific requirements for recovery and regaining form after a double leg break. As a result of this I do not have any performance data for Football. The injury has prevented me from training or playing football for six months, including missing out on playing with my academy. As a centre defensive midfielder, strengthening my leg is crucial. Powerful legs will enhance my tackling ability, enable me to jump higher for ball clearance and headers, potentially leading to more possession wins and goals.

To define my PEP goal, I will analyse my performance data, including comparing my one-rep max to the average for my age and gender (15, male).

- Muscular strength
- Muscular endurance
- Power

**(124 words)**



## Performance Analysis

I will do an analysis to compare my performance to the average 1RM of people my age and gender in order to determine how my fitness has improved over the time of doing my PEP and how I have become stronger in order to get better in my sport.

### **Pre-PEP Analysis:**

Date: Tuesday 2nd of May 2023

Venue: Rugby Club

Performance:

activity	leg press	leg extensions	hamstring curl
one rep max	180kg	85kg	73kg

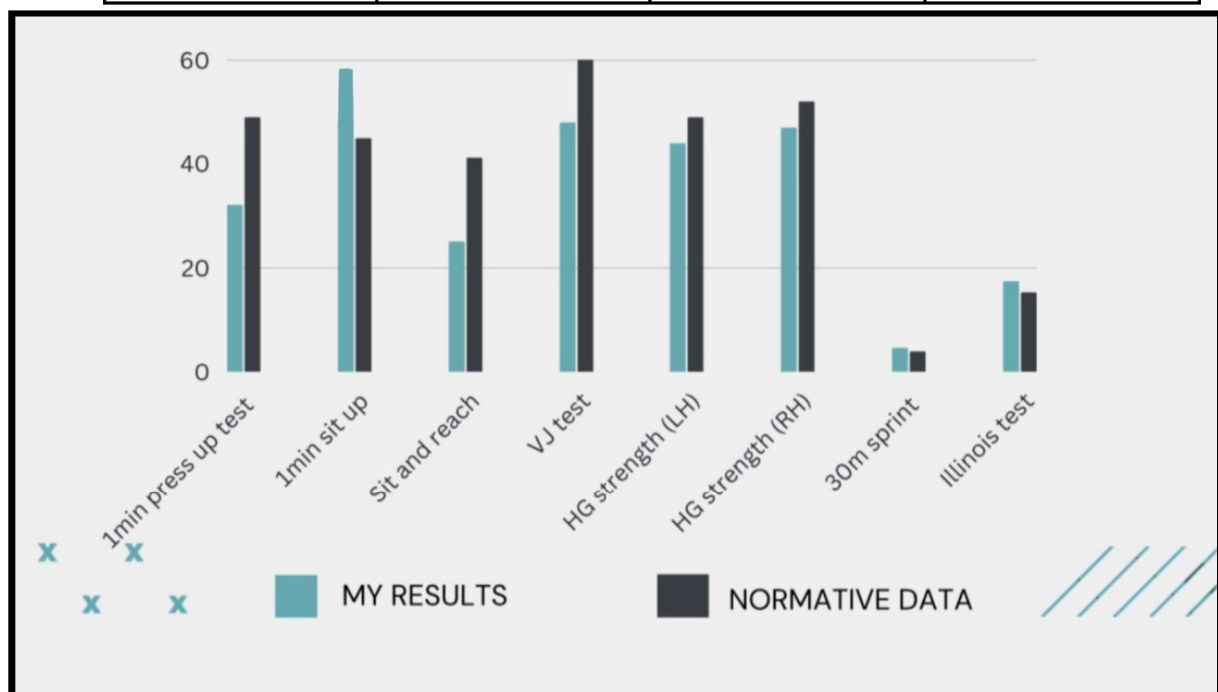
### **Intermediate performance data for my age and gender (15, male) [\(1\)](#)**

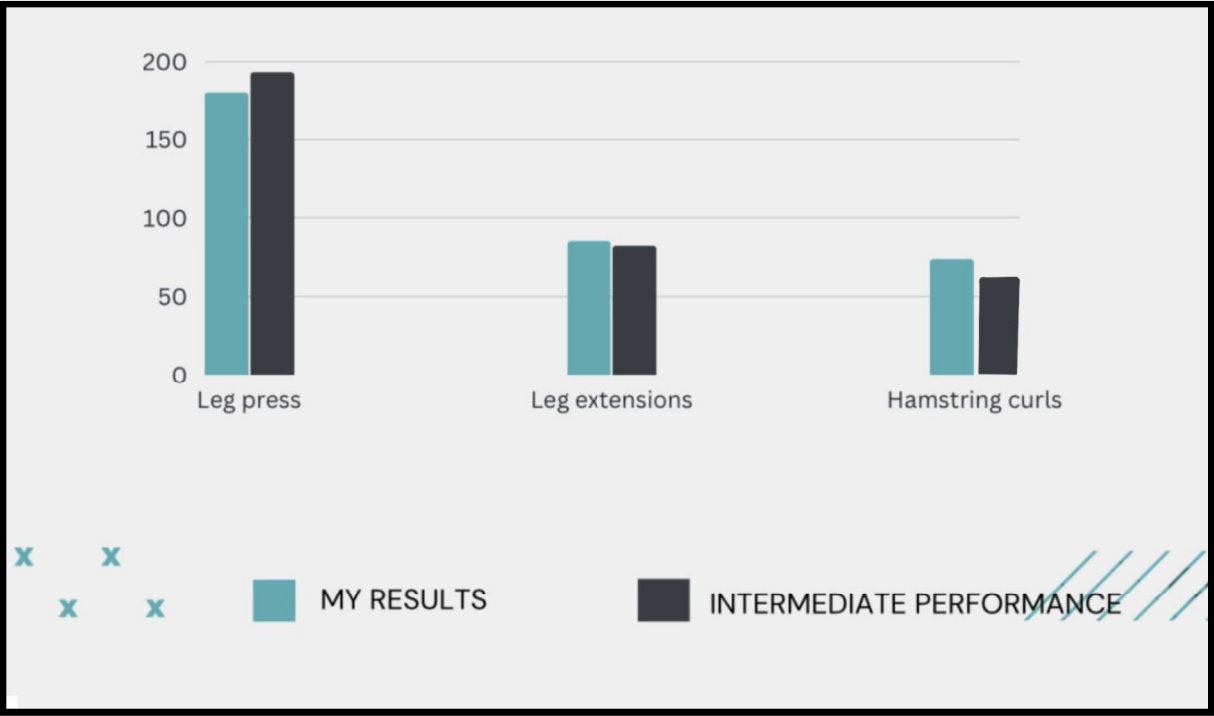
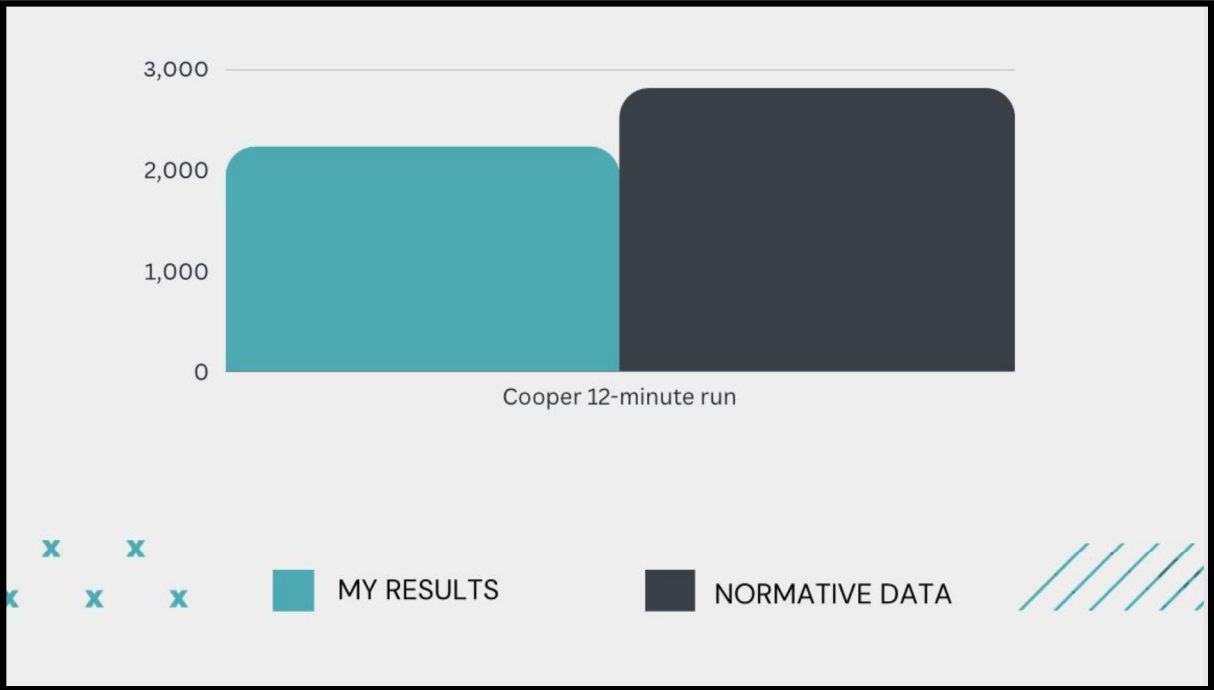
Date : N/A

Venue: N/A

performance:

activity	leg press	leg extensions	hamstring curls
one rep max	193kg	82kg	67kg





## Fitness Test Results

Test	Component being tested	My result pre-PEP	Comparis on to normative data	Mid PEP Retest	Comparis on to normative data	My result post-PEP	Comparison to normative data
1 Min Press Up	Muscular Endurance	32 reps	Average				
1 Min Sit Up	Muscular endurance	56 reps	Excellent				
Sit and Reach Test	flexibility	25cm	Average				
Vertical jump Test	power	48cm	Average	52cm	Good	56cm	Good
Hand grip strength	strength	47kg	Average				
30M sprint	speed	4.64s	fair				
Illinois test	agility	17.29s	average				
12 minute cooper test	cardiovascular endurance	2310m	average				

Resting Heart Rate pre-PEP: 75	Resting Heart Rate post-PEP: 70
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After analysing my results, I had identified that power is the main area I have to focus on as it is specific to my needs in improving to a higher level. There is a logical weakness when it comes to my power and my lower body leg strength. I will focus on developing more explosive power which will lead to an increase in jump height.

Developing a high level of power will enhance my performance as a footballer, particularly in terms of jump height for clearing and winning balls. By focusing on power training, I can potentially increase my jump height by 10-20% (48 cm to around 52 cm). Currently in the Average band, my goal is to progress to the high good band by continuous improvement.

From my first analysis of the components of fitness which are most specific to my PEP and are required for a CDM, I will do a fitness test based of the vertical jump test.

**(210 words)**

**Aim:**

I aim to increase my Muscular strength. In particular my vertical jump by 5-10cm increase my one rep max by 10-20kg so that i have more power in my legs and become faster footballer and so that i can jump higher for headers

I am a CDM, however I am unable to participate in any matches at the moment. Therefore I want to improve my muscle strength so that I can play at the same level and at the same consistency as I did before. This would mean that I would decrease the likelihood of injuring my leg and that I would be able to join my team again.

As a centre defensive midfielder there are many components of fitness that are important in achieving getting back on form. In order to look over my aim for this PEP, I need to consider the following

1. Impact of fitness on performance
2. Pre- fitness test results
3. Strengths and weaknesses

**(157 words)**

### **SMART Targets**

**Specific :** Improving the strength in my leg will help me get back in form and will allow me to have a stronger tackle. Furthermore, I am aiming to increase my jump height so that I can win more headers.

**Targets :**

1. Increase my 1RM by
2. Increase jump height

**Measureable :** In order to measure my progress and success of my PEP, I will repeat the vertical jump test week by week and at the end of the 6 weeks. I will also do an analysis of my one rep max to measure the power of my legs by being able to jump 5-10 cm higher.

**Achievable :** The overall aim is I will mainly be focusing on my tackling ability and jumping ability and therefore I will have to do passing drills during my time off the pitch and I will be doing interval training to strengthen my leg. I am aiming to increase from 48 cm to 55cm where I will get into the next band up.

**Realistic :** By applying the correct principles of training through suitable intensity levels (working at 70% up to 90% of my 1RM), through the use of progressive overload I can achieve my aim by the end of the 6-week training programme.

I will achieve this by using:

1. Plyometric training
2. Interval training

**Time :** I have an aim to achieve my aim by the end of the 6-week training programme. My training will be with 2 different training styles for 3 times a week (plyometrics training and interval training)

**(245 words)**



## **Methods of Training (2)**

Weight training workouts will help me improve my cardiovascular health which is helpful to be able to last the full game. Furthermore the weight training allows me to strengthen bones and muscles in my leg therefore helping to prevent injury and increasing my leg power.

Plyometric workouts build explosive power by rapidly engaging muscles for maximum force. They help prevent injuries and are vital in football, where leg power is necessary for jumping and injury prevention. For a CDM position, incorporating plyometrics in the power phase of a jump improves header ability and ball clearance. Plyometric training enhances power and acceleration.

**(104 words)**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	weights	Rest	weights	Rest	weight	Rest	Rest
Week 2	weights	Rest	weight	Rest	plyometrics	Rest	Rest
Week 3	plyometrics	Rest	weight	Rest	plyometrics	Rest	Rest
Week 4	weight	Rest	plyometrics	Rest	weight	Rest	Rest
Week 5	plyometrics	Rest	weight	Rest	plyometrics	Rest	Rest
Week 6	weight	Rest	plyometrics	Rest	weight	Rest	Rest

## **Principles of Training**

### **Progressive Overload**

I will gradually increase the weight, I will do this to ensure I am progressively overloading my body without injuring myself. I will try and do this weekly to prevent injury while allowing my body to get stronger and more powerful.

### **Individual Needs**

I will adjust the intensity of my workouts based on my current and potential injuries. It's important to avoid overexertion and potential harm, considering the other exercises I'll be doing throughout the week. By prioritising injury prevention and maintaining a consistent training routine, I aim to continue improving week by week.

### **Specificity**

My plyometric training will be specific to how hard I may have been training the day before as well as if I feel any pain in my leg also, whether I got into my heart rate target zone in the last session, this is how I will know if much improvement is being made to my body.

### **Rest and Recovery**

In order to prevent any injuries I will train 2 times a week with a mixture of plyometric and weight training. This will also allow me to be able to ensure I am making progress moving forward with my PEP. I will also be including rests in my training session to ensure I rehydrate before another round.

### **Reversibility**

In order to reduce any reversibility I will continue to train as frequently as I can as well as playing football matches when I am allowed. I will apply the FITT principles to reduce any chance of injury and to make sure I keep making more progress in my sport.

**(253 words)**

# Evaluation

## Post PEP analysis:

Date: Tuesday June 13, 2023

Venue: xxxxx

Performance:

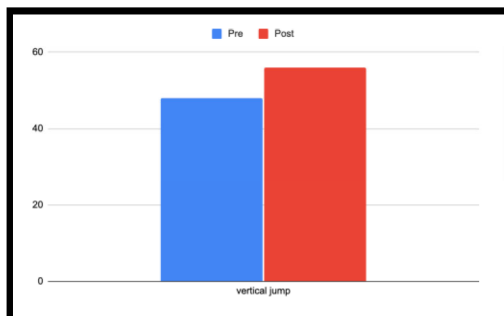
At the end of my 6 week programme I retested my leg strength exercises, from this I can see that I improved my leg strength and that my PEP was successful.

activity	leg press	leg extensions	hamstring curls
one rep max	190kg	93kg	84kg

## Fitness Data Evaluation

As I am recovering from injury, I wanted to focus on power. My main way of doing this and the best fitness test for this was: Vertical Jump Test.

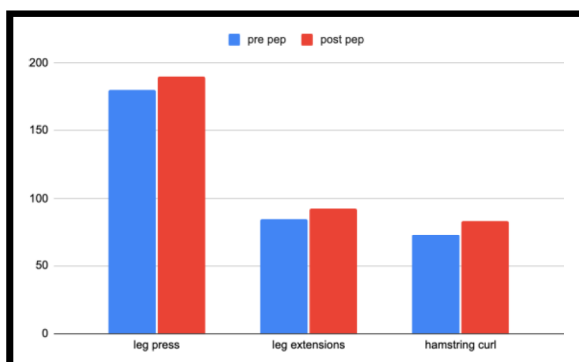
(29 words)



This graph shows the improvement I have made from doing my PEP and how it has brought lots of power and strength which will help me gradually make a return to football and will then help me to have a good performance in matches when it comes to my tackling ability and my heading ability back into my legs by increasing my strength in my legs and muscle as seen that i went from 48 cm to 56cm

(107 words)

## Performance Analysis



As demonstrated in the graph it is obvious that the PEP has been able to improve my leg strength. I have improved the power and strength in my legs in all my performances which will help me when I am allowed to get back into playing football and help me return to my full potential faster than I would have before doing the PEP.

(64 words)

## Overall

**Methods of training** → Choosing plyometrics as part of my training program helped me regain strength in my legs after a prolonged period away from the field. This approach was particularly beneficial for my role as a CDM, as it allowed me to improve my jumping ability for headers and enhance my tackling against opponents. The positive results I achieved confirmed the effectiveness of my training program. To view these please see my appendix.

**Smart Targets** → I believe that I have achieved my targets effectively by applying them all in my training sessions and overall this has worked very well for me as I have improved in my power and mentality for getting ready for games again. I also was able to reach into the next band for my categories from going to 48cm to 56cm which means my jumping height has increased and I will be able to get the higher balls.

**Principles of Training** → I was able to apply the principles of training throughout my programme as seen in my training logs below. This meant I was able to prevent getting any injuries during my training sessions, while continuing to do drills and working on regaining strength which helped me when progressively overloading my body to get results.

**Future?** → Throughout my training journey, I've witnessed noticeable improvements in my leg strength that will greatly benefit my performance in football. These changes will boost my confidence in making challenging tackles and receiving high balls. Overall, I consider my PEP program successful and will persist in training to further enhance my abilities.

**(241 words)**

### Appendix 3: Session Plans

Chosen Sport: football		Week: 1 Session 1: Strengthening my leg			
Time: 1hr		Training Threshold: 70-80% of my 1 rep max			
Method of Training: resistance					
Description of session: What I did in the session: sets, repetitions, diagrams					
<p>warm up: 5-10 minutes of light cardio like biking, walking or jogging to increase blood flow.</p> <p>Interval training</p> <p>Squats: use light moderate weight for three sets of 10-12 reps.</p> <p>Lunges: Use bodyweight or mild to moderate weight for three sets of 10-12 reps</p> <p>Leg curls: use light to moderate weight for three sets of 10-12 reps</p> <p>For my cool down I will jog for 10 minutes and then do stretches for the next 10 minutes</p>					
Pre-exercise HR (before warm up):		Working HR		Immediate post-exercise HR	
76bpm		137bpm		132bpm	
Recovery HR (bpm) at the following intervals	1 min	2 min	3 min	4 min	5 min
	N/A	N/A	N/A	N/A	N/A
Evaluation: What changes did I make from last week? How have I applied progressive overload?					
<p>I found this session as not being not very effective as it didn't push me, however next time I go to the gym I will change my workout routine. Furthermore I want to also progresi make the training harder as I feel as if i could've have done a lot more and it will have a positive impact of my performance in the long term.</p>					

Chosen Sport: football		Week: 1 Session 2: Strengthening my leg weights			
Time: 1hr		Training Threshold: 80% of my 1 rep max			
Method of Training: resistance					
Description of session: What I did in the session: sets, repetitions, diagrams					
<p>warm up: 5-10 minutes of light cardio like biking, walking or jogging to increase blood flow.</p> <p>30 seconds rest</p> <p><b>Leg press:</b> 3 sets of 10-12 reps with 141kg</p> <p><b>Leg extensions:</b> 3 sets of 10-12 reps with 68kg</p> <p><b>Calf Raises:</b> 3 sets of 15-20 reps with medium weight (30kg)</p> <p>For my cool down I will jog for 10 minutes and then do stretches for the next 10 minutes</p>					
Pre-exercise HR (before warm up):		Working HR		Immediate post-exercise HR	
75bpm		144bpm		133bpm	
Recovery HR (bpm) at the following intervals	1 min	2 min	3 min	4 min	5 min
	N/A	N/A	N/A	N/A	N/A
Evaluation: What changes did I make from last week? How have I applied progressive overload?					
<p>I found this session to be tougher than my last session as I changed my workout. I increased the number of weights and moved to doing machine exercises. However I find this to be more effective as I am working harder and it allows me to progressively overload</p>					

Chosen Sport: football		Week: 1 Session 3: Strengthening my leg weights			
Time: 1hr		Training Threshold: 80% of my 1 rep max			
Method of Training: resistance					
Description of session: What I did in the session: sets, repetitions, diagrams					
<p>warm up: 10-15 minutes of light cardio like biking, walking or jogging to increase blood flow.</p> <p>30 seconds rest</p> <p><b>Leg press:</b> 3 sets of 10-12 reps with 141kg</p> <p><b>Leg extensions:</b> 3 sets of 10-12 reps with 68kg</p> <p><b>Calf Raises:</b> 3 sets of 15-20 reps with medium weight (30kg)</p> <p>For my cool down I will jog for 10 minutes and then do stretches for the next 10 minutes</p>					
Pre-exercise HR (before warm up):		Working HR		Immediate post-exercise HR	
74bpm		139bpm		129bpm	
Recovery HR (bpm) at the following intervals	1 min	2 min	3 min	4 min	5 min
	N/A	N/A	N/A	N/A	N/A
Evaluation: What changes did I make from last week? How have I applied progressive overload?					
<p>I felt as if I needed more time to warm up and get my body going so therefore I decided to Increase my cycling time from 5-10 minutes to 10-15 minutes. This will allow more blood to be pumped around my body and be able to warm up the body better.</p>					

Chosen Sport: football		Week: 2 Session 1: Strengthening my leg weights			
Time: 1hr		Training Threshold: 80% of my 1 rep max			
Method of Training: resistance					
Description of session: What I did in the session: sets, repetitions, diagrams					
<p>warm up: 10-15 minutes of light cardio like biking, walking or jogging to increase blood flow.</p> <p>30 seconds rest  <b>Leg press:</b> 3 sets of 12-15 reps with 141kg  <b>Leg extensions:</b> 3 sets of 12-15 reps with 68kg  <b>Calf Raises:</b> 3 sets of 20-25 reps with medium weight (30kg)  <b>Hamstring curl:</b> 3 sets of 12-15 reps with 68kg</p> <p>For my cool down I will jog for 10 minutes and then do stretches for the next 10 minutes</p>					
Pre-exercise HR (before warm up):		Working HR		Immediate post-exercise HR	
73bpm		141bpm		134bpm	
Recovery HR (bpm) at the following intervals	1 min	2 min	3 min	4 min	5 min
	N/A	N/A	N/A	N/A	N/A
Evaluation:					
<p>In the second session of last week I changed my workout, however I have gotten comfortable with that workout and therefore I have decided to show progressive overload in my workout by increasing the number of reps in my exercises and adding a new exercise which will help me gain more muscle strength in the leg. I found this session to be harder yet more effective, and therefore I will continue using this workout routine throughout my 6 week training programme</p>					



Chosen Sport: football		Week: 2 Session 2: Strengthening my leg weights			
Time: 1hr		Training Threshold: 80% of my 1 rep max			
Method of Training: resistance					
Description of session: What I did in the session: sets, repetitions, diagrams					
<p>warm up: 10-15 minutes of light cardio like biking, walking or jogging to increase blood flow.</p> <p>40-50 seconds rest</p> <p><b>Leg press:</b> 3 sets of 12-15 reps with 141kg</p> <p><b>Leg extensions:</b> 3 sets of 12-15 reps with 68kg</p> <p><b>Calf Raises:</b> 3 sets of 20-25 reps with medium weight (30kg)</p> <p><b>Hamstring curl:</b> 3 sets of 12-15 reps with 68kg</p> <p>For my cool down I will jog for 10 minutes and then do stretches for the next 10 minutes</p>					
Pre-exercise HR (before warm up):		Working HR		Immediate post-exercise HR	
74bpm		140bpm		132bpm	
Recovery HR (bpm) at the following intervals	1 min	2 min	3 min	4 min	5 min
	N/A	N/A	N/A	N/A	N/A
Evaluation: What changes did I make from last week? How have I applied progressive overload?					
<p>This session was hard as my legs were still a bit sore from last session. This meant that I had to increase the amount of rest time from 30s to 40-50s I still managed to finish the full workout however it was tough. Going forward I will find a new way to try not get as sore of leg pain.</p>					

Chosen Sport: football		Week: 2 Session 3: plyometrics			
Time: 1 hour for 4 days a week		Training Threshold: 80%			
Method of Training: power					
Description of session: What I did in the session: sets, repetitions, diagrams					
<p>warm up: 10-15 minutes of light cardio like biking, walking or jogging to increase blood flow.</p> <p><b>Box jumps</b> : 6 reps for 3 sets  <b>Single leg box jumps</b> : 6 reps for 3 sets  <b>Lateral jumps</b> : 30 seconds for 3 sets  <b>Pogo jumps</b> : 20 for 2 sets  <b>Recoil box jump</b> : 8 reps for 2 sets  <b>Kneeling jump with 10kg weight</b> : 8 reps for 2 sets  <b>Kneeling box jump</b> : 6 reps for 2 sets</p> <p>For my cool down I will jog for 10 minutes and then do stretches for the next 10 minutes</p>					
Pre-exercise HR (before warm up):		Working HR		Immediate post-exercise HR	
75bpm		130bpm		122bpm	
Recovery HR (bpm) at the following intervals	1 min	2 min	3 min	4 min	5 min
	N/A	N/A	N/A	N/A	N/A
Evaluation:					
<p>As I started to get bored of my normal weight training and as last session I was having troubles because of leg soreness I have decided to incorporate plyometrics. The change I made from last week is that I have now switched my method of training to being from only weights to being weights and Plyometrics. I feel as if this will help me reach my target better as it will help to increase my jumping ability and power in my legs while also allowing my legs to recover more from the weight training</p>					

Chosen Sport: football		Week: 3 Session 1: plyometrics			
Time: 1hr 30mins		Training Threshold: 80%			
Method of Training: power					
Description of session: What I did in the session: sets, repetitions, diagrams					
<p>warm up: 10-15 minutes of light cardio like biking, walking or jogging to increase blood flow.</p> <p>Box jumps : 8 reps for 3 sets  Single leg box jumps : 8 reps for 3 sets  Lateral jumps : 40 seconds for 3 sets  Pogo jumps : 25 for 2 sets  Recoil box jump : 12 reps for 2 sets  Kneeling jump with 10kg weight : 10 reps for 2 sets  Kneeling box jump : 8 reps for 2 sets</p> <p>For my cool down I will jog for 10 minutes and then do stretches for the next 10 minutes</p>					
Pre-exercise HR (before warm up):		Working HR		Immediate post-exercise HR	
73bpm		131bpm		124bpm	
Recovery HR (bpm) at the following intervals	1 min	2 min	3 min	4 min	5 min
	N/A	N/A	N/A	N/A	N/A
Evaluation: What changes did I make from last week? How have I applied progressive overload?					
<p>Now that I have added Plyometric training I am able to increase the number reps and sets I'm doing each exercise for as my legs won't feel that sore pain of doing the weight training 2 times in a row. I found this session to be pretty challenging towards the end as I was worn out however I am enjoying plyometrics.</p>					

Chosen Sport: football		Week: 3 Session 2: Strengthening my leg weights			
Time: 1hr		Training Threshold: 90% of my 1 rep max			
Method of Training: resistance					
Description of session: What I did in the session: sets, repetitions, diagrams					
<p>warm up: 10-15 minutes of light cardio like biking, walking or jogging to increase blood flow.</p> <p>45-55 seconds rest  <b>Leg press:</b> 3 sets of 15 reps with 160kg  <b>Leg extensions:</b> 3 sets of 15 reps with 76kg  <b>Calf Raises:</b> 3 sets of 25 reps with medium-high weight (40kg)  <b>Hamstring curl:</b> 3 sets of 15 reps with 76kg</p> <p>For my cool down I will jog for 10 minutes and then do stretches for the next 10 minutes</p>					
Pre-exercise HR (before warm up):		Working HR		Immediate post-exercise HR	
73bpm		157bpm		149bpm	
Recovery HR (bpm) at the following intervals	1 min	2 min	3 min	4 min	5 min
	N/A	N/A	N/A	N/A	N/A
Evaluation: What changes did I make from last week? How have I applied progressive overload?					
<p>As my gym doesn't have better facilities I have maxed out the machine finding my one rep max. This means that to show progressive overload I will be working at 90% of my 1 rep max and increasing the number of reps per set. I found this workout to be more challenging so I allowed myself 45-55 seconds of rest however going forward I will lower my rest time to 30s</p>					

Chosen Sport: football		Week: 3 Session 3: plyometrics			
Time: 1hr 30mins		Training Threshold: 80%			
Method of Training: power					
Description of session: What I did in the session: sets, repetitions, diagrams					
<p>warm up: 10-15 minutes of light cardio like biking, walking or jogging to increase blood flow.</p> <p>Box jumps : 8 reps for 3 sets  Single leg box jumps : 8 reps for 3 sets  Lateral jumps : 40 seconds for 3 sets  Pogo jumps : 25 for 2 sets  Recoil box jump : 12 reps for 2 sets  Kneeling jump with 10kg weight : 10 reps for 2 sets  Kneeling box jump : 8 reps for 2 sets</p> <p>For my cool down I will jog for 10 minutes and then do stretches for the next 10 minutes</p>					
Pre-exercise HR (before warm up):		Working HR		Immediate post-exercise HR	
75bpm		130bpm		122bpm	
Recovery HR (bpm) at the following intervals	1 min	2 min	3 min	4 min	5 min
	N/A	N/A	N/A	N/A	N/A
Evaluation: What changes did I make from last week? How have I applied progressive overload?					
<p>As I found the last session I did challenging I have decided to keep the same workout. This week I was getting more comfortable with the workout which is going to allow me to increase the number of sets and reps for the future the showing progressive overload.</p>					

Chosen Sport: football		Week: 4 Session 1: Strengthening my leg weights			
Time: 1hr		Training Threshold: 80% of my 1 rep max			
Method of Training: resistance					
Description of session: What I did in the session: sets, repetitions, diagrams					
<p>warm up: 10-15 minutes of light cardio like biking, walking or jogging to increase blood flow.</p> <p>30 seconds rest</p> <p><b>Leg press:</b> 3 sets of 15 reps with 160kg</p> <p><b>Leg extensions:</b> 3 sets of 15 reps with 76kg</p> <p><b>Calf Raises:</b> 3 sets of 25 reps with medium-high weight (40kg)</p> <p><b>Hamstring curl:</b> 3 sets of 15 reps with 76kg</p> <p>For my cool down I will jog for 10 minutes and then do stretches for the next 10 minutes</p>					
Pre-exercise HR (before warm up):		Working HR		Immediate post-exercise HR	
73bpm		154bpm		145bpm	
Recovery HR (bpm) at the following intervals	1 min	2 min	3 min	4 min	5 min
	N/A	N/A	N/A	N/A	N/A
Evaluation: What changes did I make from last week? How have I applied progressive overload?					
<p>I still found this workout to be more challenging however I have limited myself to only 40-50 seconds of rest time instead of the previous 45-55 seconds of rest however going forward I will still be aiming to achieve and lower my rest time to 30 seconds</p>					

Chosen Sport: football		Week: 4 Session 2: plyometrics			
Time: 1hr 30mins		Training Threshold: 80%			
Method of Training: power					
Description of session: What I did in the session: sets, repetitions, diagrams					
<p>warm up: 10-15 minutes of light cardio like biking, walking or jogging to increase blood flow.</p> <p>Box jumps : 8 reps for 3 sets  Single leg box jumps : 8 reps for 3 sets  Lateral jumps : 40 seconds for 3 sets  Pogo jumps : 25 for 2 sets  Recoil box jump : 12 reps for 2 sets  Kneeling jump with 10kg weight : 10 reps for 2 sets  Kneeling box jump : 8 reps for 2 sets</p> <p>For my cool down I will jog for 10 minutes and then do stretches for the next 10 minutes</p>					
Pre-exercise HR (before warm up):		Working HR		Immediate post-exercise HR	
73bpm		128bpm		121bpm	
Recovery HR (bpm) at the following intervals	1 min	2 min	3 min	4 min	5 min
	N/A	N/A	N/A	N/A	N/A
Evaluation: What changes did I make from last week? How have I applied progressive overload?					
<p>As I found the last session I did challenging I have decided to keep the same workout. This week I was getting more comfortable with the workout which is going to allow me to increase the number of sets and reps for the future showing progressive overload.</p>					

Chosen Sport: football		Week: 4 Session 3: Strengthening my leg weights			
Time: 1hr		Training Threshold: 90% of my 1 rep max			
Method of Training: resistance					
Description of session: What I did in the session: sets, repetitions, diagrams					
<p>warm up: 10-15 minutes of light cardio like biking, walking or jogging to increase blood flow.</p> <p>30 seconds rest</p> <p><b>Leg press:</b> 3 sets of 15 reps with 160kg</p> <p><b>Leg extensions:</b> 3 sets of 15 reps with 76kg</p> <p><b>Calf Raises:</b> 3 sets of 25 reps with medium-high weight (40kg)</p> <p><b>Hamstring curl:</b> 3 sets of 15 reps with 76kg</p> <p>For my cool down I will jog for 10 minutes and then do stretches for the next 10 minutes</p>					
Pre-exercise HR (before warm up):		Working HR		Immediate post-exercise HR	
73bpm		152bpm		145bpm	
Recovery HR (bpm) at the following intervals	1 min	2 min	3 min	4 min	5 min
	N/A	N/A	N/A	N/A	N/A
Evaluation: What changes did I make from last week? How have I applied progressive overload?					
<p>I am finding these exercises effective therefore I will keep the same workout routine however this session I was starting to find a bit easier therefore going forward I will try increase the number of reps</p>					



Chosen Sport: football		Week: 5 Session 1: plyometrics			
Time: 1hr 30mins		Training Threshold: 80%			
Method of Training: power					
Description of session: What I did in the session: sets, repetitions, diagrams					
<p>warm up: 10-15 minutes of light cardio like biking, walking or jogging to increase blood flow.</p> <p> <b>Box jumps</b> : 12 reps for 3 sets  <b>Single leg box jumps</b> : 12 reps for 3 sets  <b>Lateral jumps</b> : 50 seconds for 3 sets  <b>Pogo jumps</b> : 30 for 2 sets  <b>Recoil box jump</b> : 15 reps for 2 sets  <b>Kneeling jump with 10kg weight</b> : 12 reps for 2 sets  <b>Kneeling box jump</b> : 10 reps for 2 sets         </p> <p>For my cool down I will jog for 10 minutes and then do stretches for the next 10 minutes</p>					
Pre-exercise HR (before warm up):		Working HR		Immediate post-exercise HR	
73bpm		130bpm		122bpm	
Recovery HR (bpm) at the following intervals	1 min	2 min	3 min	4 min	5 min
	N/A	N/A	N/A	N/A	N/A
Evaluation: What changes did I make from last week? How have I applied progressive overload?					
<p>This week I have decided to increase the number of reps by a bit (2-5 or 10-15 seconds) to still maintain my same pace and while still incorporating progressive overload into my workouts.</p>					

Chosen Sport: football		Week: 5 Session 2: Strengthening my leg weights			
Time: 1hr		Training Threshold: 90% of my 1 rep max			
Method of Training: resistance					
Description of session: What I did in the session: sets, repetitions, diagrams					
<p>warm up: 10-15 minutes of light cardio like biking, walking or jogging to increase blood flow.</p> <p>30 seconds rest</p> <p><b>Leg press:</b> 3 sets of 17 reps with 160kg</p> <p><b>Leg extensions:</b> 3 sets of 17 reps with 76kg</p> <p><b>Calf Raises:</b> 3 sets of 25 reps with medium-high weight (50kg)</p> <p><b>Hamstring curl:</b> 3 sets of 17 reps with 76kg</p> <p>For my cool down I will jog for 10 minutes and then do stretches for the next 10 minutes</p>					
Pre-exercise HR (before warm up):		Working HR		Immediate post-exercise HR	
73bpm		155bpm		147bpm	
Recovery HR (bpm) at the following intervals	1 min	2 min	3 min	4 min	5 min
	N/A	N/A	N/A	N/A	N/A
Evaluation: What changes did I make from last week? How have I applied progressive overload?					
<p>As I was getting comfortable with my workout I have decided to incorporate progressive overload by increasing the amount of reps I do (by 2reps and for calf raises by 10kg). This is going to help me build more muscle and to be able to jump higher in the long run.</p>					

Chosen Sport: football		Week: 5 Session 3: plyometrics			
Time: 1hr 30mins		Training Threshold: 80%			
Method of Training: power					
Description of session: What I did in the session: sets, repetitions, diagrams					
<p>warm up: 10-15 minutes of light cardio like biking, walking or jogging to increase blood flow.</p> <p> <b>Box jumps</b> : 10 reps for 3 sets  <b>Single leg box jumps</b> : 10 reps for 3 sets  <b>Lateral jumps</b> : 45 seconds for 3 sets  <b>Pogo jumps</b> : 30 for 2 sets  <b>Recoil box jump</b> : 15 reps for 2 sets  <b>Kneeling jump with 10kg weight</b> : 15 reps for 2 sets  <b>Kneeling box jump</b> : 10 reps for 2 sets         </p> <p>For my cool down I will jog for 10 minutes and then do stretches for the next 10 minutes</p>					
Pre-exercise HR (before warm up):		Working HR		Immediate post-exercise HR	
72bpm		133bpm		126bpm	
Recovery HR (bpm) at the following intervals	1 min	2 min	3 min	4 min	5 min
	N/A	N/A	N/A	N/A	N/A
Evaluation: What changes did I make from last week? How have I applied progressive overload?					
<p>I have kept the same workout as my last session as I have just recently added more reps. I found this session to be alright as I have already gotten used to it, however I has to cut short the reps (by 2) in the last 2 sets for kneeling box jumps</p>					

Chosen Sport: football		Week: 6 Session 1: Strengthening my leg weights			
Time: 1hr		Training Threshold: 90% of my 1 rep max			
Method of Training: resistance					
Description of session: What I did in the session: sets, repetitions, diagrams					
<p>warm up: 10-15 minutes of light cardio like biking, walking or jogging to increase blood flow.</p> <p>30 seconds rest</p> <p><b>Leg press:</b> 3 sets of 17 reps with 160kg</p> <p><b>Leg extensions:</b> 3 sets of 17 reps with 76kg</p> <p><b>Calf Raises:</b> 3 sets of 25 reps with medium-high weight (50kg)</p> <p><b>Hamstring curl:</b> 3 sets of 17 reps with 76kg</p> <p>For my cool down I will jog for 10 minutes and then do stretches for the next 10 minutes</p>					
Pre-exercise HR (before warm up):		Working HR		Immediate post-exercise HR	
72bpm		155bpm		147bpm	
Recovery HR (bpm) at the following intervals	1 min	2 min	3 min	4 min	5 min
	N/A	N/A	N/A	N/A	N/A
Evaluation: What changes did I make from last week? How have I applied progressive overload?					
<p>I will keep the same workout as I found it a bit challenging last time however next time I will incorporate progressive overload. This session I also found challenging however not as challenging as the previous</p>					

Chosen Sport: football		Week: 6 Session 2: plyometrics			
Time: 1hr 30 mins		Training Threshold: 80%			
Method of Training: power					
Description of session: What I did in the session: sets, repetitions, diagrams					
<p>warm up: 10-15 minutes of light cardio like biking, walking or jogging to increase blood flow.</p> <p>Box jumps : 12 reps for 3 sets  Single leg box jumps : 12 reps for 3 sets  Lateral jumps : 60 seconds for 3 sets  Pogo jumps : 35 for 2 sets  Recoil box jump : 15 reps for 2 sets  Kneeling jump with 10kg weight : 18 reps for 2 sets  Kneeling box jump : 15 reps for 2 sets</p> <p>For my cool down I will jog for 10 minutes and then do stretches for the next 10 minutes</p>					
Pre-exercise HR (before warm up):		Working HR		Immediate post-exercise HR	
71bpm		142bpm		137bpm	
Recovery HR (bpm) at the following intervals	1 min	2 min	3 min	4 min	5 min
	N/A	N/A	N/A	N/A	N/A
Evaluation: What changes did I make from last week? How have I applied progressive overload?					
<p>As this is my last Plyometrics session of my training programme I have decided to push myself by increasing the number of reps by 3 and number of sets by 1. This will help me create more strength and power in my legs allowing me to jump higher. This session was tough however I managed to do it</p>					

Chosen Sport: football		Week: 6 Session 3: Strengthening my leg weights			
Time: 1hr		Training Threshold: 90% of my 1 rep max			
Method of Training: resistance					
Description of session: What I did in the session: sets, repetitions, diagrams					
<p>warm up: 10-15 minutes of light cardio like biking, walking or jogging to increase blood flow.</p> <p>30 seconds rest</p> <p><b>Leg press:</b> 3 sets of 20 reps with 160kg</p> <p><b>Leg extensions:</b> 3 sets of 20 reps with 76kg</p> <p><b>Calf Raises:</b> 3 sets of 25 reps with medium-high weight (50kg)</p> <p><b>Hamstring curl:</b> 3 sets of 20 reps with 76kg</p> <p>For my cool down I will jog for 10 minutes and then do stretches for the next 10 minutes</p>					
Pre-exercise HR (before warm up):		Working HR		Immediate post-exercise HR	
71bpm		148bpm		140bpm	
Recovery HR (bpm) at the following intervals	1 min	2 min	3 min	4 min	5 min
	N/A	N/A	N/A	N/A	N/A
Evaluation: What changes did I make from last week? How have I applied progressive overload?					
<p>As this is my last weight training session and my last overall session of my training programme I have decided to push myself by increasing the number of reps. This will help me create more strength and power in my legs allowing me to jump higher. This session was challenging and I was struggling at the end which is why I had to cut back the amount of reps (by 2-5) at the end.</p>					

**PARQ**

**Name:**

**D.O.B:**

**Do you suffer from any medical conditions? If yes, please state:**

**No**

**Are you currently taking any medication for any health issues?**

**No**

**Do you experience chest pain when exercising?**

**No**

**Do you feel dizzy when exercising?**

**No**

**Does your family have a history of heart disease or high blood pressure?**

**No**

**Do you have any ongoing injuries that could stop you from exercising?**

Recovering from a double break in the leg with 6 screws and 1 plate

**Has a doctor ever said you should not undertake physical exercise?**

My doctor has said that I can't play contact sports like football and rugby until 6 months after the surgery, however I can play non-contact sports such as tennis as of recently.

**Have you suffered with a cold or flu in the past 4 weeks?**

**No**

**Is there any other reason why you should not do physical activity?**

**No**

## **Bibliography**

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