

PERSONAL EXERCISE PROGRAMME

NAME:

SPORT/POSITION: FOOTBALL, STRIKER

COMPONENT OF FITNESS/SKILL:

STRENGTH: WEIGHT TRAINING

POWER: PLYOMETRIC TRAINING



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Aims:

The sport that I am doing for my personal exercise program is Football. I regularly play for my school team as a striker. The most important components of fitness for a striker are speed, agility, strength and power. I need these components to beat the defenders and score a goal. My agility and speed test scores came out to be excellent, so my main priorities are strength and power. Since after comparing my results with the normative data these two components are my weaknesses so I will need to concentrate on these two components the most. With these components improved I am sure I will improve in this sport. I would need to use a lot of strength during a football game in order to propel my upper body forwards and maintain my balance while being challenged. On the other hand, I need power for the time when I'm shooting the ball or doing a long pass so that the ball is travelling in a fast speed.

Application to performance

Interpret fitness norm test

Good game specific examples
Good links to football

Pre pep fitness test results:

Component of fitness	Test	Results	Against normative data
Speed	35m Sprint test	3.13	Average
CV Fitness	12m Cooper Run	2350	Average
Power	Standing Long Jump	2.18m	Fair
Muscular strength	Hand-grip	40kg	Fair
	Dynamometer test	39kg	Poor
Flexibility	Sit and reach test	11	Average
Agility	Illinois agility test	17.36s	Average
Muscular Endurance	1m Sit up Test	42	Excellent

Source ?

Before doing these tests and my 6 week training I completed the PARQ sheet which shows that I am fit to do these activities. This is in my Appendix section.

Good.

I need the strength to stay on my feet if the opponents during a shoulder to shoulder contact. When I have the chance to shoot at a long range I am not able to strike the ball at speed due to the lack of power. With a good strength I will manage to produce more power, so better strength should help me develop better power.

Could be in 1st paragraph for better structure / coherence
Agree - links to 1st paragraph

Methods of training:

The methods I used to improve my strength and power were weight training and plyometric training. In my opinion these two methods are the most suitable methods to achieve my goals. weight training will help me build strength in my muscles that I use in a game and plyometric will help me gain more power from my lower body which I will need to use in football as a striker.

methods
of
training
appropriate

good,
appropriate
choices

Appendix shows my full working out plan, in detail. For every week I will gradually increase the reps and also the sets in order for progressive overload to occur. And for power I will also do the same but decrease the resting time over the 6 weeks.

Knowledge + application of
FITT principle.

SMART Targets:

- **To be able to jump 2.26m after the 6 weeks PEP**

Specific: Increase distance of my standing long jump from 2.18 to 2.26.

Measurable: I will redo the standing long jump after every two weeks of my PEP and record my results to see how much I am improving.

Achievable: In my perspective I think that this isn't too hard to achieve because I only increased the distance of my jump by 8 cm.

Realistic: I am able to complete this since I have access to all the facilities that I need to complete it.

Time: I am able to complete this in time since I have 6 weeks to prepare myself.

- **To be able to dead lift 90kg+ after the 6 weeks PEP**

Specific: To be able to lift 10 more kilograms (82-92)

Measurable: I am able to measure this since I will do my 1 max rep at the very end of each week and compare it with the previous results to see how much I improved.

Achievable: It is achievable because I am only adding 10 more kilograms for the dead lift.

Realistic: This is realistic due to that fact that I have access to the school gym and the gym next to my house which allows me to do all the activities that I have to do.

Time: I am able to complete this since I have 6 weeks to prepare myself.

Both SMART Targets link clearly towards
PEP aims + are very clear.

Principles of training:

Progressive overload: When you gradually increase the challenge of the training by applying FITT principle. This will help to ensure that the training is challenging enough which will help to make fitness gains.

Good

Frequency- I will be training 3 times each week.

Intensity- Increase weight and reduce repetition each week.

✓ Suitable for strength training

Time- In power training I will give myself less resting time and more working time.

✓ Good application

Type- Training methods will be kept the same.

exercises in an outdoor gym so it would be in a similar atmosphere as my sport.

✓

Individual needs: Training that meets my requirements, so I am only training to improve my power and strength.

Rest and recovery: My training days will be Monday, Wednesday, Friday and Sunday the other days I will let my body rest and recover and allow the damaged muscles to rebuild.

✓ Good. Shows understanding of training effects.

Reversibility: By planning my training and using rest and recovery I should reduce the percentage chance of getting an injury.

✓ Good understanding of principles

Training Details

The full training details can be found in my Appendix

be specific

✓

TITLE

Exercise	Weight	Reps	Sets	Rest	Tempo	Notes
Leg Press	70kg	3	6	1min		
Leg Extension	60kg	3	6	1min		
Hamstring Curl	0kg	3	6	30sec		
Sumo Squat	50kg	3	6	1min		
Shoulder Press	30kg	3	6	1min	Chart Area	
Lat Pull down	40kg	3	6	1min		

This is one out of the six-week training plan I planned to do for my strength/ weight training sessions. As you can see I am working on both my lower and upper body. I did this because I want my upper and lower body to stay balanced, and during a football game I would need to have a strong lower body and upper body. Although this may take me more time for my muscle to build since I am not specifically working on a certain muscle. This will also decrease the chances of me getting injuries since I won't be using the same muscles in a row.

Range of exercises are justified

area

✓

	<u>TITLE</u> <u>WEIGHT</u>	<u>LEGS</u>	<u>SETS</u>	<u>RECOVERY</u>
Squat jump	0	4	8	120s
Leg tuck	0	4	8	120s
Split Squats	0	4	8	120s
Standing long jump	0	4	8	90s
Double leg hop	0	4	8	90s
Lateral Hops	0	4	8	120s

- These headings should be here to make the information clear.

A good range of lower body Plyo exercises is selected.

For my plyometric training I am mainly concentrating on working out my legs. I chose to do this because this because in football as a striker I would have to move around to create space in a quick pace for my teammates at all time, by doing this I think that it will help me gain the components to do these movements.

Warm Up	I would jog on the treadmill for 5 minutes in order to raise my pulse. Then I would do dynamic stretches focusing on the muscles that I will be using
Main Activity	Full training details can be found in the Appendix section. <i>(link to be specific)</i>
Cool Down	I would do a very slow jog so that my pulse goes down to its resting BPM and I would also do some stretches for my muscles to relax



Fitness Test Analysis

Test	Pre- PEP	Pre PEP normative data	Post- PEP	Post- PEP normative data
Grip strength	(R) 40 (L) 39	Fair Poor	(R) 47 (L) 44	Average Fair
Standing long jump	2.18m	Average	2.27	Excellent
1 RMAX Deadlift	82kg		95kg	

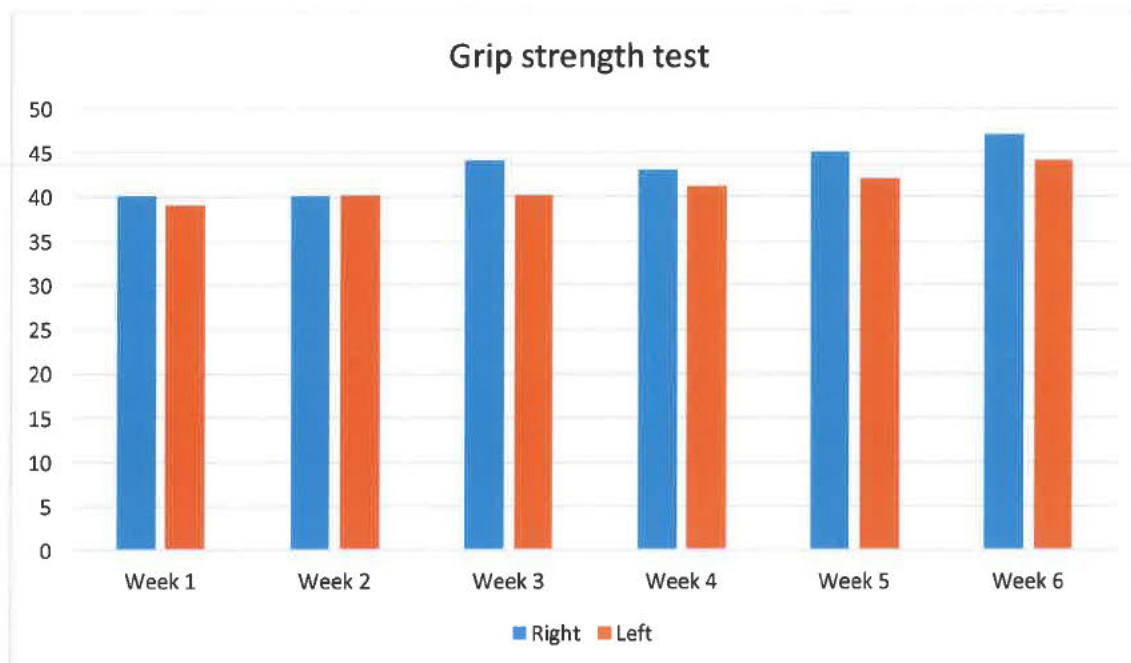
3 SPECIFIC TESTS are selected to suit Training Aims + SMART TARGETS

Evaluation

As you can see on the table above, my test score has improved and exceeded my SMART target predictions. Which shows that my 6-week PEP has been successful. Although comparing to the normative data my grip strength is still average. I improved these components by using progressive overload. I am mostly proud of my standing long jump scores since I have beaten my expectations and also my smart target prediction. By having both having plyometric and weight training it really helped me improve the components that I need to use as a striker in football.

The table also shows that my grip strength has improved by quite a lot which confirms that my 6-week PEP was really successful. I think I achieved this by minimizing the repetitions and increasing the weights, doing this allowing my body to adapt and progress after each week of training.

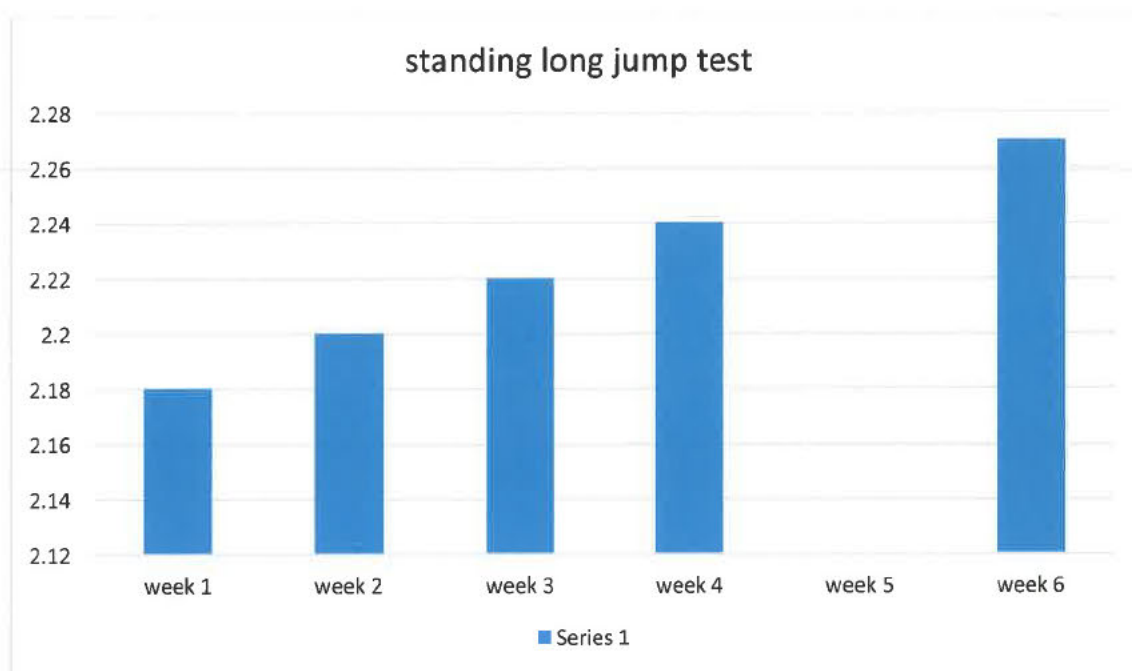
Having 4 training sessions each week allowed me to have more rest and recovery time which helped me to improve my strength and power, and also prevents reversibility and injuries.



✓ monitoring of performance.

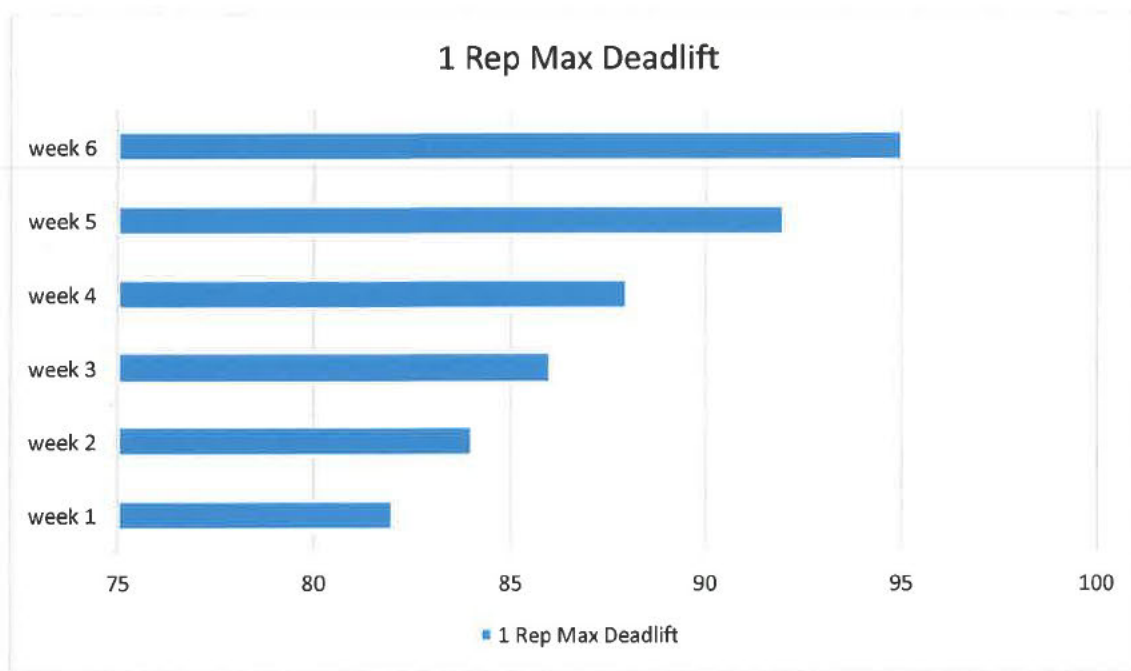
The graph above shows my grip strength results from the end of each week, I did this to ensure that my training is successful and my strength is increasing. As you can see my test results gradually increase although in week 4 my right hand grip strength decreased from 44 to 43 this was when I injured my finger from another sport. But eventually after I recovered the next week it went up to 45, and at the end of week 6 I managed to get the greatest score for the test. ✓

Good use of graph to support data



The results on the graph above shows that I managed to jump further than before by at least 1cm. Although I didn't manage to complete the test on week 5 since I had other school work that I must complete. But the rest of the results still stated that I my training method was successful as I was gaining more distance by the end of each week.

✓ Steady improvements shown



✓ gradual improvements made.

As you can see for the first 4 weeks I started by adding 2 kilograms but I then on week 5 when I tried lifting 90 kilograms I felt like I can do more so I added 2 more kilograms making it 92 kilograms and I ended up succeeding 92 kilograms and by the end of week 6 I managed to do 95 kilograms which is more than I expected since my SMART target was 92 kilograms.

✓ Supports progression

Recommendation:

If I complete another PEP I would like to improve my muscular endurance and flexibility. Since with improved muscular endurance I would be able to stay active in a game for an even longer period of time and with better flexibility I would be able to stretch my legs and reach for the ball at a longer distance. I would also like to improve my strength training by being more precise with my resting period since sometimes I over rest and sometimes I didn't rest enough. I would do this by setting an alarm on my watch for all my rest periods.

solid & simple justification

✓ more accurate analysis of performance.

Simplistic details

More reflection on THIS PEP could be made.

Appendix

(Tempo for power 1-0-1-0)

(Tempo for strength 3-0-1-0)

Week 1

Monday and Tuesday strength Friday and Sunday power

Monday

Exercise	Weight	Reps	Sets	Rest	Tempo	Notes
Leg Press	70kg	3	6	1min		
Leg Extension	60kg	3	6	1min		
Hamstring Curl	0kg	3	6	30sec		
Sumo Squat	50kg	3	6	1min		
Shoulder Press	30kg	3	6	1min		
Lat Pull down	40kg	3	6	1min		

Tuesday

Exercise	Weight	Reps	Sets	Rest	Tempo	Notes
Leg Press	70kg	3	6	1min		
Leg Extension	60kg	3	6	1min		
Hamstring Curl	0kg	3	6	30sec		
Sumo Squat	50kg	3	6	1min		
Shoulder Press	30kg	3	6	1min		
Lat Pull down	40kg	3	6	1min		

Friday

	WEIGHT?	REP?	SET?	REST?		
Squat jump	0	4	8	120s		
Leg tuck	0	4	8	120s		
Split Squats	0	4	8	120s		
Standing long jump	0	4	8	90s		
Double leg hop	0	4	8	90s		
Lateral Hops	0	4	8	120s		

Sunday

	WEIGHT?	REP?	SET?	REST?		
Squat jump	0	4	8	120		
Leg tuck	0	4	8	120		
Split Squats	0	4	8	120		
Standing long jump	0	4	8	90		
Double leg hop	0	4	8	90		
Lateral Hops	0	4	8	120		

Week 2

Monday

Exercise	Weight	Reps	Sets	Rest	Tempo	Notes
Leg Press	72kg ↑	3	6	1min		
Leg Extension	65kg ↑	3	6	1min		
Hamstring Curl	3kg ↑	3	6	30sec		
Sumo Squat	52kg ↑	3	6	1min		
Shoulder Press	30kg ↑	3	6	1min		
Lat Pull down	42kg ↑	3	6	1min		

↑ in challenge

Tables need to be labelled

Tuesday

Exercise	Weight	Reps	Sets	Rest	Tempo	Notes
Leg Press	72kg	3	6	1min		
Leg Extension	65kg	3	6	1min		
Hamstring Curl	3kg	3	6	30sec		
Sumo Squat	52kg	3	6	1min		
Shoulder Press	30kg	3	6	1min		
Lat Pull down	42kg	3	6	1min		

Friday

Rep?

Squat jump	0	5 ↑	8	110s		
Leg tuck	0	5 ↑	8	110s		
Split Squats	0	5 ↑	8	120s		
Standing long jump	0	5 ↑	8	80s		
Double leg hop	0	5 ↑	8	80s		
Lateral Hops	0	5 ↑	8	120s		

Reps have increased.

Sunday

Squat jump	0	5	8	110s		
Leg tuck	0	5	8	110s		
Split Squats	0	5	8	120s		
Standing long jump	0	5	8	80s		
Double leg hop	0	5	8	80s		
Lateral Hops	0	5	8	120s		

Week 3

Monday

Exercise	Weight	Reps	Sets	Rest	Tempo	Notes
Leg Press	75kg	3	4	1min		
Leg Extension	65kg	3	4	1min		
Hamstring Curl	5kg	6	5	30sec		
Sumo Squat	57kg	3	4	1min		
Shoulder Press	40kg	3	6	1min		
Lat Pull down	35kg	5	6	1min		

↓ in sets

Could include justification for ↓ in sets here.
Is this planned or are you perhaps injured?

↑ in weight lifted. Evidence of progressive overload.

Tuesday

Exercise	Weight	Reps	Sets	Rest	Tempo	Notes
Leg Press	72kg	3	4	1min		
Leg Extension	62kg	3	4	1min		
Hamstring Curl	5kg	6	5	30sec		
Sumo Squat	57kg	3	4	1min		
Shoulder Press	40kg	3	6	1min		
Lat Pull down	35kg	3	6	1min		

Friday

→ A ↓ made - no explanation why.
- No lube.

Squat jump	0	6	8	120		
Leg tuck	0	6	8	120		
Split Squats	0	6	8	120		
Standing long jump	0	6	8	90		
Double leg hop	0	6	8	90		
Lateral Hops	0	6	8	120		

↑ in REPS?

Sunday

Squat jump	0	6	8	120		
Leg tuck	0	6	8	120		
Split Squats	0	6	8	120		
Standing long jump	0	6	8	90		
Double leg hop	0	6	8	90		
Lateral Hops	0	6	8	120		

Week 4

Monday

Exercise	Weight	Reps	Sets	Rest	Tempo	Notes
Leg Press	80kg	3	4	1min		
Leg Extension	65kg	3	4	1min		
Hamstring Curl	10kg	6	5	30sec		
Sumo Squat	55kg	3	4	1min		
Shoulder Press	40kg	3	6	1min		
Lat Pull down	35kg	3	6	1min		

Tuesday

Exercise	Weight	Reps	Sets	Rest	Tempo	Notes
Leg Press	80kg	3	4	1min		
Leg Extension	65kg	3	4	1min		
Hamstring Curl	10kg	6	5	30sec		
Sumo Squat	55kg	3	4	1min		
Shoulder Press	40kg	3	6	1min		
Lat Pull down	35kg	3	6	1min		

An increase from last weeks dip.

Friday

Squat jump	0	7	6	120		
Leg tuck	0	7	6	120		
Split Squats	0	7	6	120		
Standing long jump	0	7	6	90		
Double leg hop	0	7	6	90		
Lateral Hops	0	7	6	120		

Sunday

↑ in reps

Squat jump	0	7	6	120		
Leg tuck	0	7	6	120		
Split Squats	0	7	6	120		
Standing long jump	0	7	6	90		
Double leg hop	0	7	6	90		
Lateral Hops	0	7	6	120		

Week 5

↑ in reps

↓ in sets?

Monday

Exercise	Weight	Reps	Sets	Rest	Tempo	Notes
Leg Press	82kg	3	4	1min		
Leg Extension	65kg	3	4	1min		
Hamstring Curl	10kg	6	5	30sec		
Sumo Squat	55kg	3	4	1min		
Shoulder Press	40kg	3	6	1min		
Lat Pull down	40kg	3	6	1min		

Another gradual ↑ in weights.

Tuesday

Exercise	Weight	Reps	Sets	Rest	Tempo	Notes
Leg Press	82kg	3	4	1min		
Leg Extension	65kg	3	4	1min		
Hamstring Curl	10kg	6	5	30sec		
Sumo Squat	55kg	3	4	1min		
Shoulder Press	40kg	3	6	1min		
Lat Pull down	40kg	3	6	1min		

Friday

Squat jump	0	8	5	120		
Leg tuck	0	8	5	120		
Split Squats	0	8	5	120		
Standing long jump	0	8	5	90		
Double leg hop	0	8	5	90		
Lateral Hops	0	8	5	120		



Sunday

Squat jump	0	8	5	120		
Leg tuck	0	8	5	120		
Split Squats	0	8	5	120		
Standing long jump	0	8	5	90		
Double leg hop	0	8	5	90		
Lateral Hops	0	8	5	120		



Week 6

Monday

Exercise	Weight	Reps	Sets	Rest	Tempo	Notes
Leg Press	95kg	3	3	1min		
Leg Extension	70kg	3	4	1min		
Hamstring Curl	15kg	6	5	30sec		
Sumo Squat	60kg	3	3	1min		
Shoulder Press	45kg	3	4	1min		
Lat Pull down	45kg	3	4	1min		

↑ Same ↓

Tuesday

Exercise	Weight	Reps	Sets	Rest	Tempo	Notes
Leg Press	95kg	3	3	1min		
Leg Extension	70kg	3	4	1min		
Hamstring Curl	15kg	6	5	30sec		
Sumo Squat	60kg	3	3	1min		
Shoulder Press	45kg	3	4	1min		
Lat Pull down	45kg	3	4	1min		

Friday

Squat jump	0	8	5	120		
Leg tuck	0	8	5	120		
Split Squats	0	8	5	120		
Standing long jump	0	8	5	90		
Double leg hop	0	8	5	90		
Lateral Hops	0	8	5	120		

In Weight Training, the resistance has been gradually increased.

The sets have decreased. This information could be discussed / justified in Evaluation.

Sunday

Squat jump	0	6	8	120		
Leg tuck	0	6	8	120		
Split Squats	0	6	6	120		
Standing long jump	0	6	7	90		
Double leg hop	0	6	6	90		
Lateral Hops	0	6	8	120		