

## Personal Exercise Programme

### Section 1:

#### Introduction

#### Background-

I am 14 years old female athlete. I am doing the personal exercise programme because my aim is to improve my speed so that my opponents can't overtake me and I'll be able to win the race. The three components of fitness that are important to my sport are:

<u>Component of fitness</u>	<u>Importance</u>
Muscular endurance	So I can keep my muscles moving throughout the race without getting tired.
Speed	To get past other opponents to win the race.
power	When pushing myself off the ground at the beginning of the race to get a good start and get ahead of opponents.

### Section 2: Fitness test results

Component of fitness	Fitness test	My res pre-PEP	Compared to the national average	Working heart rate (bpm)	Recovery heart rate (bpm) (1min)	Recovery heart rate (bpm) (2min)	Recovery heart rate (bpm) (3min)	Recovery heart rate (bpm) (4min)	Recovery heart rate (bpm) (5min)
Cardio-vascular fitness	12minute cooper run	1900.25 metres	Above average	142	90	68	60	58	52

Test	Reason for doing this	My result	Compared to national average	Did you expect these results
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1 minute press up test	This measures muscular endurance in the arms.	20	Above average	I didn't expect this result because I did not think I was good in It
1 minute sit up test	This measures muscular endurance in the abdominals, I use this component of fitness to help me to run for long periods of time	23	poor	I did expect this because I knew I wasn't going to do well when it comes to sit up, this can relate to my sport
12 minute cooper run	This measures Cardiovascular fitness which is the ability to exercise the body for long periods of time in addition to this is not important to my sport	1900.25m	Above average	I did expect this because I knew my cardiovascular was good
30m sprint test	This measures speed which takes time taken to cover a distance	5.46secs	poor	I didn't expect this because I thought I was quick and fast
Sit and reach	This measures flexibility which the range of movements in a joint	-3cm	fair	I did expect this because I knew my hamstrings in my legs weren't flexible enough
Standing broad jump	This measures power. To make us sprint to the finishing line faster.	20cm	Poor	I didn't expect this because I thought I would have jumped further

### Section 3: Analyse

The component of fitness I am working on is Speed this is because my results on my fitness tests were poor if we compare it to the national average.

The training method I used is interval this is because it involves alternating between periods of hard exercise and rest.

To make sure that I improve my speed I am going to set a SMART target. SMART targets are specific, measurable, achievable, realistic and timely. Setting a specific target is important because it will help me to reach my goal and what I'm aiming for. Setting a deadline will keep me motivated. My target is to decrease my time by 0.3 seconds in the 30m sprint.

The training of principles I will apply are:

- **Individual needs:** It makes sure that my training meets my fitness requirements. For example, as a sprinter I am working on my speed to get faster.
- **Overtraining:** Doing too much training can lead to me injure myself. For example, I will train but give myself some time to rest and recover.
- **Reversibility:** This is an improvement or change that takes place as a consequence of training which will be reversed and stopped. For example, I will apply this to my PEP by making sure I missed no training sessions.
- **Specificity:** This means matching your training appropriate to your sport. For example, I will include this by making sure my training is appropriate to my sport, for instance I will do speed instead of sprinting.
- **Progressive overload:** Gradually increasing the amount of work so that the fitness gains occur without injury. For example, increasing the aspect of FITT each week.

Other ways to make my training more effective are in the table below:

Aerobic /anaerobic training thresholds  Aerobic-with oxygen  Anaerobic-without oxygen	This type of training has periods of intense activity, with breaks within the session to allow recovery	I will apply this to my PEP by working at 80-90% of my MHR since sprinting an anaerobic exercise, in addition to this I will be working for long periods of time and will be working
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		anaerobically.
FITT principles	F- frequency stands for how often I train  I –intensity stands for how hard I train  T- time stands for how long I train for  T- type stands for what training method I use	I will train once a week  75% heart rate max  1 hour per session  The training method I use is interval training.

The duration of my sessions will be an hour long. It is a six week training programme. There is going to be a session each week which I will train for in order to improve my performance.

In every session, I will include a warm up to prevent injury and cooldown to loosen off my muscles at the end of the session.

Another way that I will prevent injury is by doing stretches so that my muscles become flexible and to prevent less chance of injury, another way I will prevent an injury is to wear warm clothes outside to keep my muscles warm in addition to this I would be making sure I take rest between sessions so my performance will turn out more efficient.

#### Section 4: The training programme

Please see the training plans to see the content of my sessions.

Test	My result	Compared to national average	My post- PEP result	Compared to national average
1 minute press up test	20	Above average	28	excellent
1 minute sit up test	23	poor	30	Below average




12 minute cooper run	1900.25m	Above average	2000.25m	excellent
30m sprint test	5.46secs	poor	4.61secs	Above average

### **Post Test Results:**

Component of fitness	Fitness test	Your Post-PEP result	Compared to the national average	Working heart rate (bpm)	Recovery heart rate (bpm) (1min)	Recovery heart rate (bpm) (2min)	Recovery heart rate (bpm) (3min)	Recovery heart rate (bpm) (4min)	Recovery heart rate (bpm) (5min)
Cardio-vascular fitness	12minute cooper run	1900.25 metres	Above average	100	70	68	64	56	52

### **Section 5: Evaluation**

**Speed-** From recent results I can see I have improved my speed. I know this because from the information in the results proves that I have. This was only able to happen because I have been training each week and had been working hard to be able to get the result . I know this because when I was performing my 800m I was able to get past other opponents at the start of the race to give me a head start, as well as not losing my heart rate as much and was able to gain my breath back faster, therefore there has been a huge improvement than what I had expected.



My muscular endurance in the arms has improved; I know this because during my race I was using my arms repeatedly which was giving me power to carry on and wasn't making my arms feeling as tired, whereas before, my muscular endurance wasn't as good and my arms were feeling tired as soon as I started to warm up so the results in my race show that I have improved and I'm able to use my arms more efficiently.

My cardiovascular fitness has improved massively. Even though I didn't work on it, I was working for an hour each week so cardiovascular fitness would improve; this is proven me running around the track twice at my pace being able to use shorter time, to get past my other opponents quicker.

### **Reflection on training:**

During pre-testing I didn't know if I was fit or not but when I did my post each session it was helping me in my sport for me to do better; I felt more fitter which helped me to improve my other components of fitness allowing me to make my performances more intense as well as efficient.

My training sessions were really good and helped me to perform better so next time when I try to sprint I can get past other opponents this training session every week really helped because it hadn't helped for speed but helped me to increase all my other fitness test levels this was because I was organised as I didn't need any equipment during my six week session as well as not using much space.


I think my training method was relevant to my sport this is because I used interval training including alternating between periods of hard exercise and rest; this was relevant to what I was doing because this helped me to develop my speed further while resting between sessions.

My working heart rates implied how hard I worked. When my heart rate increased it suggested that I worked harder.

For most sessions, I was motivated to keep working towards my target. As my sessions were planned to my fitness levels, I was able to push myself. However this was difficult as the weather was really bad but I continued working towards my target.

In my opinion I think my training program affected my results this was because in some fitness tests I did amazing but in some I didn't so I need to work more on the ones I did not improve in.

In some sessions I think my heart rates increased as I worked harder so I could reach my potential to do my best. In other sessions my heart rates decreased because in some sessions the weather was appalling and put me off from trying my best.



The training method I used was interval this method was relevant to my sport because it gave me time to rest so that I can continue to work at a higher intensity, therefore due to the fact that I was working on speed it will help me to meet my individual needs in addition to this there is no equipment needed saving me time, allowing me perform my training method smoothly.

**How did setting smart target/principles/adaptations help:**

Setting a SMART target would improve my speed during the training session. Smart targets will also help me to keep myself persevered and help me to get to what I was aiming for. in addition to this the smart target was specific and motivated me to do better as it was accurate to help me get my individual needs.

The FITT principles that I applied were intensity and time these were effective and useful because it helped me to increase my fitness levels in my other components of fitness including the training method I was using in my opinion I think I trained enough to the hardest I could to match the needs of my training method and I know I improved by looking at my results previously before my training program I got a score of 5.46 which was quite poor then after my training program I got a score of 4.61 my scores show that I have improved in my speed and each week I used to change the time I used to have rest instead of resting I used to walk to increase my heart rate and I was continuously doing this every week. What went well for me was that I improved because I worked to my full potential to get the best I could what didn't go well for me I could have pushed myself to do more because it would have helped me to get a higher score in my fitness tests in addition to this I was very organised as I didn't need any equipment which had saved me time and so I only did 30m sprint back and forth it didn't really require much space so it was easier for me to do my sprinting.

My sport is athletics, what I am doing is sprinting. The training in each session made me feel like I was less out of breath quickly in daily activities, this is due to the exercise and the effect of the amount of oxygen that flows in my body in addition due to the more I exercise the more oxygen flows to my muscles. Furthermore my heart as it is a muscle will increase in size and strength as an effect of regular training the resting heart rate lowers and the recovery rate quickens.

If I was to do this again I would recommend that I would do my training inside so the weather does not affect my performance.



The first part of the document is a letter from the President of the United States to the Congress. It is dated January 1, 1863. The letter is addressed to the Senate and the House of Representatives. It is signed by Abraham Lincoln.

## DECLARATION OF EMERGENCY

The President of the United States, Abraham Lincoln, do hereby declare that the rebellion against the United States is now of such a nature and extent as to constitute a grave and imminent danger to the public safety, and that it is necessary for the President to take such measures as he may deem proper to suppress the rebellion.

The President further declares that the rebellion is now of such a nature and extent as to constitute a grave and imminent danger to the public safety, and that it is necessary for the President to take such measures as he may deem proper to suppress the rebellion.

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# PRE-PERSONAL EXERCISE PROGRAM: PAR-Q

Physical Activity Readiness Questionnaire)

Name

Date of Birth:

Emergency Contact Name & Address:

Emergency Contact Number

Emergency Contact Relationship

## Please delay exercise if:

- You are not feeling well because of a temporary illness such as a cold or fever - wait until you feel better
- If you are or may be pregnant, talk with your doctor before you start becoming more active.
- Please consult a Doctor if you develop a condition that may be aggravated by exercise

Please read the questions below carefully and answer each one honestly (check YES or NO)

	YES	NO
1) Has your doctor ever said that you have a heart condition <b>OR</b> high blood pressure?		<input checked="" type="checkbox"/>
2) Do you feel pain in your chest at rest, during your daily activities of living, <b>OR</b> when you do physical activity?		<input checked="" type="checkbox"/>
3) Do you lose balance because of dizziness <b>OR</b> have you lost consciousness in the last 12 months? Please answer <b>NO</b> if your dizziness was associated with over-breathing (including during vigorous exercise).		<input checked="" type="checkbox"/>
4) Have you ever been diagnosed with another chronic medical condition (other than heart disease or high blood pressure)?		<input checked="" type="checkbox"/>
5) Are you currently taking prescribed medications for a medical condition?		<input checked="" type="checkbox"/>
6) Do you have a bone or joint problem that could be made worse by becoming more physically active? Please answer <b>NO</b> if you had a joint problem in the past, but it does not limit your current ability to be physically active. For example, knee, ankle, shoulder or other.		<input checked="" type="checkbox"/>
7) Has your doctor ever said that you should only do medically supervised physical activity?		<input checked="" type="checkbox"/>

If you checked YES to any of the above, please provide details:

X



Further information requested

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Outcome

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No action required ☐

Doctors letter requested ☐

Once doctor's letter is presented please copy and attach to form.

Staff Signature:

Print name:

Date:

### DECLARATION AND AUTHORISATION

I confirm that the information given is a true and accurate statement. I understand that if I have declared any of the conditions listed, further information may be requested.

Please be aware that it is your responsibility to inform us if there is a change to any of your answers on the PAR-Q.

Pupil Signature

[REDACTED]

Date: 07.11.17.

