

# Personal

# Exercise

# Programme

**Name:** [REDACTED]

**Sport:** Athletics (800m)

**Candidate number:** [REDACTED]

**Centre number:** [REDACTED]

**Word count:** 1512



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### Aim and Planning Analysis

A notational analysis was completed prior to my initial analysis as well as a fitness test battery of all the fitness components so that my progress could be measured and compared.

The notational analysis focuses on the penultimate 100m of my 800m race. My fastest split time was in the first 100m: 19.25seconds. However, my slowest split time was the 700m: 25.68 seconds. This increase is likely due to the muscles in my legs fatiguing; lactic acid has accumulated in my muscles lacking in oxygen to break it down. By minimising the difference between these splits by 2 seconds my split times can become more consistent.

100m	200m	300m	400m	500m	600m	700m	800m
19.25	20.62	22.62	22.73	24.02	24.35	25.68	22.93

The fitness components most related to 800m are cardiovascular endurance and muscular endurance. Speed is also significant, explicitly in the final 100m, yet, although my result was 'poor', speed is not needed the whole race, thus, it is more important to direct my focus to muscular endurance. I did not consider the other components of fitness, as they are irrelevant or only slightly correlate with the 800m. I achieved above average in the squat test (33) and excellent in the 12-minute cooper run (3200m), therefore I decided to focus on muscular endurance as my squat test result was weaker.

My result from the squat test is in the 'above average' percentile, thus there is room for improvement. Muscular endurance is a necessity, and arguably the most important, when running 800m, as to be able to run at my desired pace without my muscles fatiguing, I must increase my tolerance to lactic acid. By optimising my muscular endurance, I shall be able to run faster, thus achieving a better result.

component of fitness	test	pre-pep	compared to norm. data
cardiovascular endurance	12 min cooper run	3200	excellent
muscular endurance	1 min squats	33	above average
flexibility (cm)	sit and reach	47	excellent
strength	hand dynanometer	30	good
co-ordination	wall toss test	27	average
power	vertical jump	39	
balance (s)	stork test	8	poor
reaction (cm)	ruler drop dest	5	excellent
agility (s)	illinois test	17.2	good
speed (s)	30m sprint	5.16	poor
body composition		19.2	

**Aim: To optimise performance in athletics (800m race) by improving my muscular endurance.**

I used the SMART principle to create my targets as it allows me to maintain motivation; specific – related to 800m, measurable, achievable – within my capability, realistic and time bound – 6 weeks.

**SMART targets (Appendix 2):**

1. Improve my overall time in 800m from 3.04 minutes to 2.56 minutes within 6 weeks, with additional focus on the final 100m split time, decreasing by 2 seconds.
2. Improve performance in the one-minute squat test from 33 (average) to 44 (excellent compared to normative data) within 6 weeks.

**Carrying Out and Monitoring**

Designing macro- and meso-cycles (**appendix 3-4**) and training records allowed me to monitor each session (**appendix 6**), enabling me to see the effect of progressive overloading.

I selected **circuit training** as my **method of training** to improve muscular endurance because it allows me to vary intensities by choosing the number of reps/sets (progressive overload). It also allows me to choose sport-specific exercises that train multiple muscle groups at a time and develops type IIa muscle fibres; their good blood supply is helpful in 800m. This will delay the lactate threshold, allowing me to run at a fast pace for longer.

I repeated the circuit (**appendix 7**) twice each session with 15-20 reps for each exercise. Incorporating a variety of exercises trained all major muscle groups needed for running. For example, I included weighted step ups which develop the muscles needed for 800m: quadriceps, hamstrings, tibialis anterior and gastrocnemius. I also included a 5-minute run on the treadmill as a warm-up/cool-down; helping me maintain speed throughout the race– an improvement in cardiovascular fitness could also enhance my overall performance. Running could also enable the muscles in my legs to adapt to the buildup of lactic acid, therefore improving muscular endurance as well.

I applied the **FITT principle** in order to achieve **progressive overload**. I will exercise at a high frequency – training 3x per week while participating in external sporting activities – to challenge my fitness. I will adapt the intensity of my training programme by gradually increasing the sets and reps fortnightly, to develop my muscular endurance. 7 RPE (approximately) is what I will be working at while running my 800m, therefore it is crucial that I work at a higher intensity – 8 RPE – to improve my muscular endurance and delay my lactate threshold. I rested for 20 seconds between each exercise; I felt this was appropriate to keep my heart rate elevated at the aerobic threshold, but also give sufficient rest time to ensure technique was not compromised and allow enough time to move to the next exercise station.

To meet my **individual needs**, I organised a trial session; this allowed me to investigate which weights will safely challenge me and how many reps I should complete. I found that the number of weighted step-ups originally planned was too challenging, therefore I adapted to my individual needs, lowering the number of reps from 30 to 15 (**appendix 6 and 7**).

I completed a PAR-Q to ensure I am safe and not at risk through physical activity (**Appendix 1**).

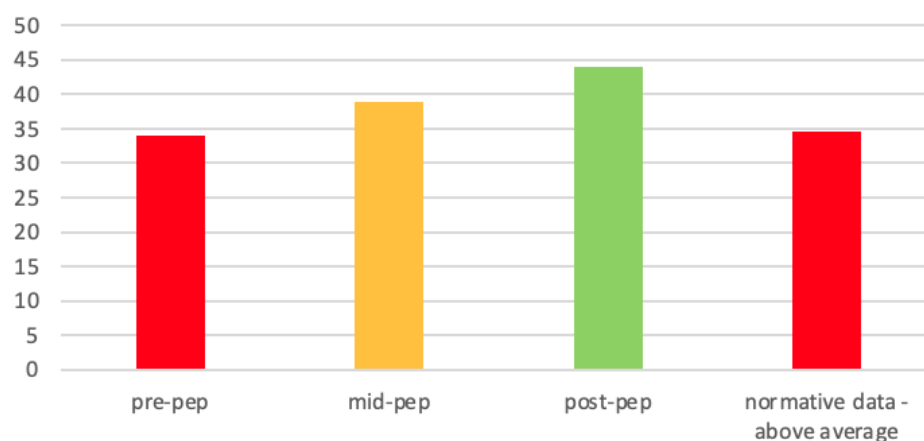
### Analysis and Evaluation

My objective was to improve my overall time in the 800m from 3.04 minutes to 2mins 56s. After completing my mid-PEP testing (achieving 2 mins 56s – SMART target 1), I adapted my SMART target to challenge myself further to maximise improvement. Therefore, my new target was to improve my 800m time from 3.04 minutes to 2 mins 52s.

Furthermore, I achieved 39 squats in my mid-PEP testing, exceeding my original SMART target (**appendix 2**). I adapted this target to challenge myself, stimulating motivation. My original target was ‘improve muscular endurance through circuit training. Measured by the 1-minute squat test, achieving more than 34 - within the ‘good’ region of normative data: 37-43’, however, to intensify my PEP I adapted my target to achieve a squat test result in the ‘excellent’ region (>45).

component of fitness	test	pre-pep	compared to norm. data	mid-pep	compared to norm. data	post-pep	compared to norm. data
cardiovascular endurance	12 min cooper run	3200	excellent	n/a		n/a	
muscular endurance	1 min squats	33	above average	39	good	44	excellent

**MUSCULAR ENDURANCE FITNESS TESTS: 1-min  
squat test**



**Figure 1:** (Normative data: **above average**, **good**, **excellent**)

My muscular endurance improved significantly. Pre-PEP: 34 squats, mid-PEP: 39 squats, post- PEP: 44 squats. My pre-PEP results were placed in the ‘above average’, however my mid-PEP results obtained a ‘good’ (compared to normative data). From this, there is a prominent 14.7% increase in the number of squats I could complete in a minute which demonstrates progress within the first three weeks of my PEP. This could be due to the effective progressive overload I applied when creating my workouts for 6 weeks.

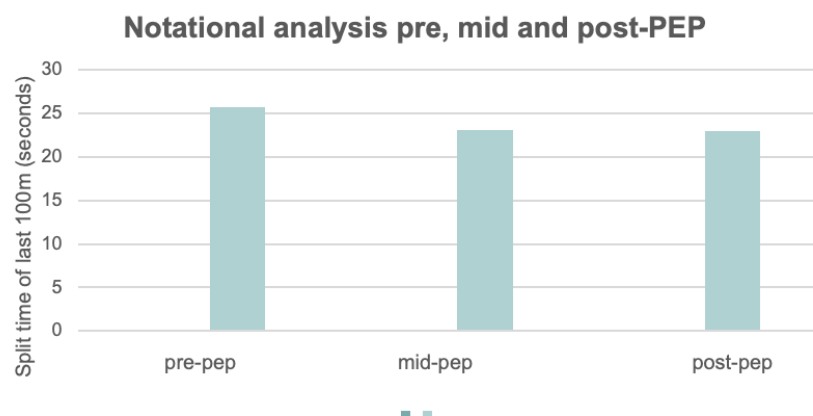
My split times in my 800m performance demonstrate that my 700th metre split time became faster. My final 100m split time reduced from 25.68s to 23.15s to 22.98 - a 9.85% decrease, followed by a further 0.73%. My pace throughout the 800m was far more consistent mid-PEP and post-PEP than pre-PEP and was undoubtedly faster. I believe circuit training was mainly credible for this improvement; it improved my overall muscular endurance (34 to 44). This enabled my muscles to adapt to working at high intensities showing more resistance to fatigue and the buildup of lactic acid.

100m	200m	300m	400m	500m	600m	700m	800m
19.25	20.62	22.62	22.73	24.02	24.35	25.68	22.93

100m	200m	300m	400m	500m	600m	700m	800m
19.11	19.93	21.76	21.97	23.54	24.11	23.15	22.54

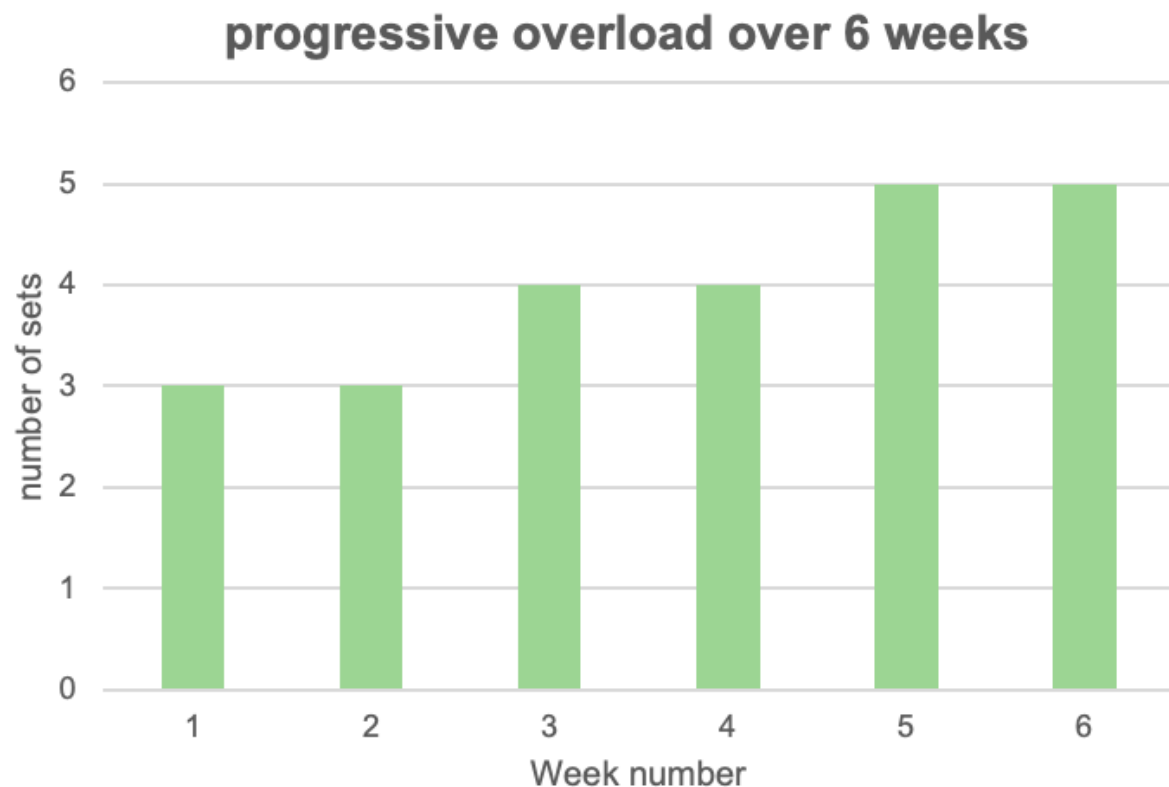
100m	200m	300m	400m	500m	600m	700m	800m
18.75	19.96	20.87	21.51	22.33	22.87	22.98	21.87

Furthermore, it is clear that my mid-PEP 800m achieved a significantly faster time than my post- PEP testing; my mid-pep time was a 9.85% decrease whereas my post-PEP time only decreased by 0.73% from my mid-PEP time. Perhaps, this could be due to boredom and a lack of motivation towards the end of the 6 weeks. My workout (**appendix 6**) was very monotonous as it lacked variation of exercises and only rarely changed intensity. This boredom stemmed my weakened motivation, resulting in reduced effort applied to my workout, undoubtedly preventing maximum improvement.



In the future, I will vary the three weekly workouts: each session will have different exercises. Perhaps, one session each week I could use the bike, adjusting the resistance to enhance my muscular endurance. In addition to this, this disparity in improvement could be due to climate; I completed my post-PEP 800m at a hotter time of the day than when I completed the mid-PEP 800m. Alternatively, it could be because I was possibly complacent after achieving good results by mid-PEP, therefore minimizing the effort applied to post-PEP testing.

I successfully applied the principles of training in my PEP, explicitly progressive overload to gradually increase workload, enhancing my muscular endurance, resulting in an overall improvement in my 800m performance. Despite reducing the risk of injuries, I acknowledged that in many sessions (usually towards the end of each two weeks) the intensity was too low, and I wasn't being challenged which restricted my motivation. In the future, I would increase the number of sets more frequently (each week) in addition to the RPE to heighten motivation.



In many sessions I found myself fatigued from other exercise/PEP workouts. In the future, I would perform a thorough cool down using static stretches, reducing risk of injury and delayed onset muscle soreness. I would also include rest days to prevent such fatigue. To ensure fair testing, I would carry out races at the same time of day for a constant temperature; radiation of heat causes re-routing of blood flow to the surface of the skin, which in turn makes your heart work harder.

## Appendix 1

Physical Activity Readiness Questionnaire - PAR-Q (revised 2003)

# PAR-Q & YOU

(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

YES	NO	
<input type="checkbox"/>	<input checked="" type="checkbox"/>	1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
<input type="checkbox"/>	<input checked="" type="checkbox"/>	2. Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input checked="" type="checkbox"/>	3. In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input checked="" type="checkbox"/>	4. Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input checked="" type="checkbox"/>	5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
<input type="checkbox"/>	<input checked="" type="checkbox"/>	6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input checked="" type="checkbox"/>	7. Do you know of <u>any other reason</u> why you should not do physical activity?

**If you answered**

**YES to one or more questions**  
Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.  
• You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.  
• Find out which community programs are safe and helpful for you.

**NO to all questions**  
If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:  
• start becoming much more physically active — begin slowly and build up gradually. This is the safest and easiest way to go.  
• take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

**DELAY BECOMING MUCH MORE ACTIVE:**  
• If you are not feeling well because of a temporary illness such as a cold or a fever — wait until you feel better; or  
• If you are or may be pregnant — talk to your doctor before you start becoming more active.

**PLEASE NOTE:** If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

**No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.**


Informal Use of the PAR-Q: The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

NAME George Roff DATE 05/01/21  
SIGNATURE George Roff WITNESS Mr. Wilhaymand  
SIGNATURE OF PARENT or GUARDIAN (for participants under the age of majority)

**Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.**

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## Appendix 2: SMART Targets explained

Specific	Maintaining speed so that each 100m split time is below 24 seconds.  I will choose exercises that train the same muscle groups needed in 800m.
Measurable	All targets are data-driven and controlled.
Achievable	The facilities needed to accomplish my target are accessible at the school gym.
Realistic	Muscular endurance 3x per week and 2x running per week (alongside multiple other physical activities) - targets should be realistic.
Time-bound	The 6-week time period allows muscles to adapt so advancements can be visible. The deadline motivates me to work hard during training so that I can achieve my target.



### **Appendix 3:** Warm-up for each micro-cycle

Activity	Time	Intensity ( <u>HRMax</u> /RPE 1-10)
Running	5mins	60% <u>HRMax</u>
Lunges	15 sec x 2	5
Jump rope	30 sec x 2	4
Leg swings	15 sec x 2	5
Quad walk	15 sec x 2	5

### **Appendix 3:** Cool down for each micro-cycle

Activity	Time	Intensity
Running	5mins	60% <u>HRMax</u>
Calf stretch	15 sec x 2	5
Quad stretch	15 sec x 2	5
Hamstring stretch	15 sec x 2	5
Lunging hip flexor stretch	15 sec x 2	5
Knee to chest stretch	15 sec x 2	5

### **Appendix 4**

Table 4. Macrocycle of 6 weeks

Days	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>Monday</b>						
7.15-8.15am	Football	Football	Football	Football	Football	Football
12.00-1.00 pm	PEP session		PEP session		PEP session	
3.45-4.45am	running	running	running	running	running	running
<b>Tuesday</b>						
7.15-8.15am	netball	netball	netball	netball	netball	netball
2.30-3.30pm	PEP session	PEP session	PEP session	PEP session	PEP session	PEP session
5.00-6.00pm	netball	netball	netball	netball	netball	netball
<b>Wednesday</b>						
9.30-10.30am	Physical education	Physical education	Physical education	Physical education	Physical education	Physical education
1.30-2.30pm		PEP session		PEP session		PEP session
<b>Thursday</b>						
3.45-4.45pm	PEP session	PEP session	PEP session	PEP session	PEP session	PEP session
<b>Friday</b>						
6.00-7.00pm	netball	netball	netball	netball	netball	netball
<b>Saturday</b>						

<b>10.00-11.00am</b>	<b>touch</b>	<b>touch</b>	<b>touch</b>	<b>touch</b>	<b>touch</b>	<b>touch</b>
<b>Sunday</b>						
<b>9.30-10.45am</b>	<b>touch</b>	<b>touch</b>	<b>touch</b>	<b>touch</b>	<b>touch</b>	<b>touch</b>

## **Appendix 5**

Table 5. Mesocycle of 6 weeks

<b>Mesocycle</b>					
<b>Week</b>	<b>Component of fitness</b>	<b>Frequency</b>	<b>Work rest ratio</b>	<b>Number of reps</b>	<b>Type</b>
<b>1</b>	Muscular endurance	3x per week	7:0	15	circuit
<b>2</b>	Muscular endurance	3x per week	7:0	15	circuit
<b>3</b>	Muscular endurance	3x per week	7:0	20	circuit
<b>4</b>	Muscular endurance	3x per week	7:0	20	circuit
<b>5</b>	Muscular endurance	3x per week	7:0	25	circuit
<b>6</b>	Muscular endurance	3x per week	7:0	25	circuit

## **Appendix 6**

Table 6. Micro cycle of 6 weeks

<b>Weeks</b>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	
<b>Muscular endurance</b>	<b>Frequency</b>	<b>3x per week</b>	<b>3x per week</b>	<b>3x per week</b>	<b>3x per week</b>	<b>3x per week</b>	<b>3x per week</b>	<b>Intensity (RPE scale)</b>
	<b>reverse lunges</b>	<b>12kg</b>	<b>12kg</b>	<b>12kg</b>	<b>12kg</b>	<b>12kg</b>	<b>12kg</b>	<b>8</b>
		<b>3 sets</b>	<b>3 sets</b>	<b>4 sets</b>	<b>4 sets</b>	<b>5 sets</b>	<b>5 sets</b>	
		<b>20 reps</b>	<b>20 reps</b>	<b>20 reps</b>	<b>20 reps</b>	<b>20 reps</b>	<b>20 reps</b>	
	<b>Step-ups</b>	<b>12kg</b>	<b>12kg</b>	<b>12kg</b>	<b>12kg</b>	<b>12kg</b>	<b>12kg</b>	<b>8</b>
		<b>3 sets</b>	<b>3 sets</b>	<b>4 sets</b>	<b>4 sets</b>	<b>5 sets</b>	<b>5 sets</b>	
		<b>15 reps</b>	<b>15 reps</b>	<b>15 reps</b>	<b>15 reps</b>	<b>15 reps</b>	<b>15 reps</b>	
		<b>8kg</b>	<b>8kg</b>	<b>8kg</b>	<b>8kg</b>	<b>8kg</b>	<b>8kg</b>	<b>8</b>

	<b>Dumbbell squats</b>	<b>3 sets</b>	<b>3 sets</b>	<b>4 sets</b>	<b>4 sets</b>	<b>5 sets</b>	<b>5 sets</b>	
		<b>10 reps</b>	<b>10 reps</b>	<b>10 reps</b>	<b>10 reps</b>	<b>10 reps</b>	<b>10 reps</b>	
	<b>Leg extension</b>	<b>15 kg</b>	<b>15 kg</b>	<b>15 kg</b>	<b>15 kg</b>	<b>15 kg</b>	<b>15 kg</b>	<b>8</b>
		<b>3 sets</b>	<b>3 sets</b>	<b>4 sets</b>	<b>4 sets</b>	<b>5 sets</b>	<b>5 sets</b>	
		<b>10 reps</b>	<b>10 reps</b>	<b>10 reps</b>	<b>10 reps</b>	<b>10 reps</b>	<b>10 reps</b>	
	<b>Box* jump</b>	<b>3 sets</b>	<b>3 sets</b>	<b>4 sets</b>	<b>4 sets</b>	<b>5 sets</b>	<b>5 sets</b>	<b>8</b>
		<b>10 reps</b>	<b>10 reps</b>	<b>10 reps</b>	<b>10 reps</b>	<b>10 reps</b>	<b>10 reps</b>	

\*for the first three weeks, box will have a height of 45cm but in remaining weeks will adapt to 60cm.

## **Appendix 7**

Personal exercise programme training record form

Description of training session appropriate to the method of training:

**Warm-up:**

Activity	Time	Intensity (HRMax/RPE 1-10)
Running	5mins	60% HRMax
Lunges	15 sec x 2	5
Jump rope	30 sec x 2	4
Leg swings	15 sec x 2	5
Quad walk	15 sec x 2	5

**Main session:**

Exercise	Number of reps	Number of sets (Weeks 1 & 2)	Number of sets (Weeks 3 & 4)	Number of sets (Weeks 5 & 6)	Intensity (RPE)
Reverse lunges (12kg)	20	3	4	5	8
Step ups (12kg)	30	3	4	5	8
Dumbbell squats (8kg)	10	3	4	5	8
Leg extensions (15 lbs)	10	3	4	5	8
Box jump	10	3	4	5	8

**Cool down:**

Activity	Time	Intensity
Running	5mins	50% HRMax
Calf stretch	15 sec x 2	5
Quad stretch	15 sec x 2	5
Hamstring stretch	15 sec x 2	5
Lunging hip flexor stretch	15 sec x 2	5
Knee to chest stretch	15 sec x 2	5

## Training Evaluation (Weeks 1 & 2)

15 February	16 February	18 February
<p>Although I originally set the number of step ups as 30, after attempting to complete three sets of this exercise, I acknowledged that my muscles began to fatigue. Therefore, to prevent injury or overtraining, I shall decrease the number of step ups to 15.</p> <p>Furthermore, my mental approach to this training session was fairly negative as I was unmotivated resulting in lower satisfaction with my workout as I would have desired.</p>	<p>Despite the lack of motivation from the previous session, I approached today's training with a positive mental approach. This, therefore, resulted in a productive and successful session motivating me to focus on my targets. While doing my box jumps, I acknowledged a possible way to enhance the intensity of this exercise. This is by increasing the height of the box that I was jumping on. Not only will this improve my muscular endurance in the long term, but it will also boost my motivation as it gives me a smaller objective to work on within the overall aim.</p>	<p>Today's session was fairly productive; I completed my workout fully with sufficient motivation. Despite this, I was short on time therefore, I had to rush my workout. This is not good because it could have led to injury etc. In the future, I shall ensure I have sufficient time to complete my workout to avoid this risk.</p>
23 February	24 February	25 February
<p>In this week's session, I will be continuing the same workout that I endured last week. Although it is quite monotonous, the new week motivates me to work hard on achieving my desired improvement in my muscular endurance. Also, I am beginning to find this workout get gradually easier which is a sign of improvement.</p>	<p>Despite my fatigue as a result of yesterday's exercise, today's session was productive and motivating. I am starting to feel improvement in my muscular endurance which motivates me to further enhance this component of fitness. I have fully adjusted to my workout and can complete with little struggle.</p>	<p>Today's session was very productive. This is because I had plenty of time to complete two circuits of my workout and fully completing my warm-up and cool-down without worrying about the time. Despite this, my session lacked intensity, restricting motivation.</p>

Training evaluation (Weeks 3 & 4)		
1 March	2 March	4 March
In this week's session, I will be completing 4 sets of each exercise – increasing the number of sets by 1 from last week. Although it was tough, I was still had a positive approach to this training session and completed it.	Today's session was very productive as I enjoyed completing each of the exercise. This left me feeling positive about my workout and motivated for my session on Thursday.	Despite fully completing my workout, I was tight on time therefore, not training with sufficient effort. However, I was able to maintain motivation from last session.
9 March	10 March	11 March
Today, I did mid-PEP testing, and I also ran 800m. It was clear from both sets of data that my programme is working effectively, enhancing my motivation. Despite this success, this extra work consumed the time dedicated to my workout, so I was unable to fully complete my workout.	I am left feeling satisfied with my workout today as this week I increased the height of the box - used for my box jumps – from 45cm to 60cm. Although it was a challenge, I was able to complete 4 reps of 10 which motivates me for Thursday's session.	Today's session was very productive as I had plenty of time to fully complete my workout with my desired intensity. However, I feel like 4 sets is now not a challenge for me so I am looking forward to completing 5 sets next week.

Training evaluation (Weeks 5 & 6)		
15 March	16 March	18 March
<p>This week, the number of sets for each exercise increases from 4 to 5. Despite being fatiguing and difficult to complete, after completing the 5 sets for each exercise, I felt satisfied with myself and was therefore motivated to progress with my workout.</p>	<p>As I am currently adjusting to the increase in sets, today's workout was tiring. Despite this, I managed to complete it, therefore motivating me for my last few sessions.</p>	<p>I entered today's session with a lack of motivation, so I completed my warm-up with a negative approach. However, as I progressed in my workout, I gained more motivation and completed the session.</p>
23 March	24 March	25 March
<p>I was feeling rather fatigued from my sporting activities earlier this week, therefore I lacked motivation for my workout. As a result of this, I completed my workout with minimum effort and not at satisfactory effort.</p>	<p>Today's session was very productive; I approached my workout with a positive attitude and sufficient motivation. Not only this, this week is the last week of my training programme so I will undergo post-PEP testing. This motivates me to work harder in order to see the best possible results.</p>	<p>Today's session is my last workout of my PEP. As of this, I am feeling very motivated as I can see clear improvement; I can complete my workout fairly easily.</p>