Developing a Training Program Step by Step Guide

You will need your copy of the following completed things to develop your training program

- **Activity Analysis**
- **Pre-Fitness Testing** (Including results, ratings, strength/weaknesses and goals)
- **Fitness Components and Training Overview** (In your folder or at http://mrsaunderspe.weebly.com/training-program-sac-documents.html

Now you are ready to develop your training program.

Developing Your Training Program

You will need to develop this from your pre-fitness testing and activity analysis as shown

Step 1 - Document

Go to document labelled “SAC Part C - Training Program”
- Hard Copy: This is in hard copy in your training program folder
- Digital Version: A digital version can be found at http://mrsaunderspe.weebly.com/training-program-sac-documents.html

Step 2 - Goals

Fill in your goals on your training program sheet.
e.g
Improve = Aerobic Capacity

Maintain = Anaerobic Capacity

Step 3 - Training Methods

Use the Fitness Components and Training overview to look at which training methods are suitable to try and improve/maintain your goals

e.g
Improve = Aerobic Capacity
Suitable training methods = Continuous, Interval, Fartlek and Circuit

Fitness Component	Training Methods
Aerobic Capacity	Continuous Training
	Interval Training
	Fartlek
	Circuit

Step 4 - Scheduling

- *Fill in **Mesocycle**:* This is just your goals

	27th June							1st July	8th July	15th July	22nd July							29th July
MICROCYCLE (WEEK)	1							2	3	4	5							6
Day	M	T	W	TH	F	S	SU				M	T	W	TH	F	S	SU	
Method(s)	C	F	R	F	C	C R	F C	Wk1	Wk1	Wk1								Wk5
MESOCYCLE (WEEKS)	IMPROVE = Aerobic Capacity MAINTAIN = Anaerobic Capacity									IMPROVE = Aerobic Capacity MAINTAIN = Anaerobic Capacity								
MACROCYCLE (MONTHS)	CONDITIONING AND PREPARATION																	

- *Fill in **Microcycle**:* Schedule your training sessions using the abbreviations stated below the table

	27th June							1st July	8th July	15th July	22nd July							29th July
MICROCYCLE (WEEK)	1							2	3	4	5							6
Day	M	T	W	TH	F	S	SU				M	T	W	TH	F	S	SU	
Method(s)	C	F	R	F	C	C R	F C	Wk1	Wk1	Wk1								Wk5
MESOCYCLE (WEEKS)	IMPROVE = Aerobic Capacity MAINTAIN = Anaerobic Capacity									IMPROVE = Aerobic Capacity MAINTAIN = Anaerobic Capacity								
MACROCYCLE (MONTHS)	CONDITIONING AND PREPARATION																	

C = Continuous F= Fartlek SI = Short Interval LI= Long Interval FL = Flexibility
R = Resistance CT = Circuit P = Plyometrics Sp = Speed SB = Swiss Ball CS = Core Strength

- ***Make sure you have***
  - *at least 2 sessions that train your MAINTAIN Goal*
  - *at least 3 sessions that train your IMPROVE Goal*

****** PLEASE NOTE THAT YOU MUST USE THESE METHODS AS THEY ARE IN THE STUDY DESIGN. HOWEVER IF YOU DO SPORT SPECIFIC TRAINING TRY AND LINK IT TO THE CLOSEST TRAINING METHOD AVAILABLE***

e.g
Football Training or Game = Long Interval (LI)
Netball Training or Game = Short Interval (SI)
Soccer Training or Game = Long Interval (LI)

Step 5: Fill in Week 1 of Diary using Methods and Principles from Overview

Make sure the training session are specific to your sport in terms of
- Fitness components, Energy systems, Muscle Groups, Skills Performed

Fitness Components and Training Overview

Fitness Component	Training Methods	Training Principles
Improve Aerobic Capacity	Continuous Training	Intensity = 70-85% MHR Duration = 20min + in correct HR zone
	Interval Training	Duration = Work : Rest Ratio = 1:1 Work (30sec-4min) Rest (30sec- 4min) Intensity = 70-85%MHR
	Fartlek	Intensity = Varied between 70-100%MHR
	Circuit	Include extended duration activities
Maintain Anaerobic Capacity	Fartlek	Intensity = Varied between 70-100%MHR
	Short and Intermediate Interval Training	Short - ATP-PC Work:Rest Ratio = 1:4+ Duration: Under 10 seconds work Intensity = 95%+ MHR Intermediate Anaerobic Glycolysis Work:Rest Ratio = 1:2 or 1:3 Duration: 10-60 seconds Intensity = 85-95%MHR
	Circuit	Include short, explosive activities
	Resistance/Weights	Strength = 85-100% of 1RM = 1-4 Reps = 3-10 sets = Slow Power = 30-70% of 1RM = 4-12 Reps = 3-6 sets = Fast Speed
	Plyometrics	Activities that stretch then contract a muscle. e.g skipping or box jumps
	Speed	Duration = 10sec = 95-100% Effort

Week 1

Day	Training Method	Brief Description of Activities
Monday	***Continuous***	**Swimming** Intensity: 70-85% MHR Duration: 60 minutes
Tuesday	***Fartlek***	**Bike Spin Class** Intensity: Ranging from 70-100% MHR Duration: 60 minutes
Wednesday	***Resistance***	**Weights Session (Power)** 30-70% of 1RM 4-12 Reps 3-6 sets Fast Speed
Thursday	***Fartlek***	**Bike Spin Class** Intensity: Ranging from 70-100% MHR Duration: 60 minutes
Friday	***Continuous***	**Run** Intensity: 70-85%MHR Duration: 50 minutes
Saturday	Morning: **Continuous**	**Road Bike** Intensity: 70-85% MHR Duration: 120 minutes
	Afternoon: **Resistance**	**Weights Session (Power)** 30-70% of 1RM 4-12 Reps 3-6 sets Fast Speed
Sunday	Morning: **Fartlek**	**Road Bike** Intensity: 70-100% MHR Duration: 90 minutes
	Afternoon: **Continuous**	**Run** Intensity: 70-85%MHR Duration: 50 minutes

Last Step: Either email or photocopy a copy of your completed training program to hughsaunders@sakaybram.vic.edu.au. This must be done by the end of Term 2 - Week 11 as it is part of the requirements for the SAC.

Holiday Homework

Complete diary as you go for the first 2 weeks.
Complete Question Booklet received in class.