

Revision for Part B - Evaluating a training program

1. Show evidence of your training program or see Mr Saunders for alternative work

2. List each training method and pick specific examples of where you applied.

Specificity

Continuous

Energy systems - Continuous training was done a sub maximal level of 70-85% MHR to ensure the aerobic energy system was being used.

Fitness components - The aim of continuous training is to improve aerobic capacity and Local Muscular endurance these were my goals trying to achieve. .

Muscle groups - In continuous training I did running sessions on Tuesday and Thursday to target the major muscle groups of legs.

Skill Performed - I included squats in my resistance training program to help with re-bounding in basketball.

Intensity

Continuous

Low - Medium

% of max HR zones - I wore a heart rate monitor to ensure I was working within the 70-85% of MHR. I am experienced runner so I tried to ensure that my heart rate was around the upper level of this zone (80-85%) to get maximum benefits and to help improve my LIP.

Duration

Length of session - The length of my continuous running sessions on Tuesday and Thursday included 5 minute warm up to get up to the correct heart rate zone and then 30 minutes of continuous running to effectively train the aerobic system.

Length of training program - 6 weeks as this is the minimum time required to see change in a fitness component.

Frequency

Scheduling of training sessions.

2 x week maintenance

3 x week improvement

rest days after anaerobic sessions

Revision for Part B - Evaluating a training program

3. Discuss where you could now apply progressive overload to one of your training methods.

Overload

1 variable by no more than 10%.

E.g: I could increase the time in continuous training from 30 min to 32 min.

4. Pick one of the following principles, define it and explain where it is present or not present in your training program

Variety - *Providing different training activities to increase motivation.*

I included some running, swimming and cycling sessions to ensure variety to keep up motivation. I was careful to ensure these still uphold the aims of the training program.

or

Detraining - *Described as a loss of fitness when not training.*

I saw a decrease in my fitness level in muscular strength as I was not training this fitness component at this stage.

or

Individuality - *All individual responses will be highly varied between different people.*

Even though I did the same training as a friend they saw a bigger increase in their aerobic capacity due to individual differences.

4. Pick 2 fitness components and Compare pre and post test results using specific figures or norms and comment on which training methods and/or training principles may have led to these changes

Aerobic Capacity

In the aerobic capacity fitness test of multistage fitness test I went from a norm rating of good to excellent with an increase of 8%. This large increase was shown in aerobic capacity due to the correct implementation of the training methods of continuous and long interval training also the correct application of the training principles within this.

Frequency - 3 x a week

Intensity - 70-85%MHR

Duration - 30min

Specificity - Muscle group of legs

There was a decrease of -5% in muscular strength as none of my training targeted this fitness component.

Revision for Part B - Evaluating a training program

6. Discuss 2 improvements to your training program for next time.

(Be specific)

Next time I could see a greater improvement in local muscular endurance in my arms by incorporating some continuous swimming sessions which will have a greater effect than just the circuit training.

Next time I would make sure i would schedule my training program to ensure i correctly applied frequency of 2 short interval sessions a week to achieve my goal of maintaining the fitness component of anaerobic capacity.

7. Diminishing Returns: Pick one fitness component and clearly label with an X on graph below where your results suggested you were

