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| **WEEK 1 & 2:**  I will start each session with 15 minutes warm up – to include....  Pulse raiser: 10 minutes running on treadmill @ 50%MHR  Dynamic stretches: Walking lunges, leg swings, open and close the gate, heel sweeps, hip circles, arm circles  I will finish each session with 10 minutes cool down – to include....  Lowering pulse: 5 minutes running on treadmill @ 50%MHR  Static stretches: Stretch each muscle for 30 seconds (each side where applicable): Neck, shoulders, quadriceps, hamstrings, calves  **Session 1 and 2**  **What –**  Following exercises at 70% 1RM  sample   1. Squats 2. Deadlifts 3. Leg Extension 4. Leg Curl   **Where –** Godalming College Gym  **When –** Monday and Wednesday  **How long –** 15 reps, 3 sets, 1 minute rest  **Session 3**  **What –** Boxercise  **Where –** Godalming Leisure Centre  **When –** Saturday morning  **How long –** 45 minutes  **How have you made this week’s activities enjoyable?-** I have made the activities this week enjoyable by picking exercises I know I am capable of starting off with, so that I am able to complete each session successfully and not become frustrated.  **How have you overcome adherence factors/barriers in your programme design (cost, lack of access to facilities or equipment, lack of time etc…)? -** I know that I cannot afford a gym membership so I have ensured that I have used the college gym as I have free use of this during my college day. This allows me to have full access to all necessary equipment. |

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| **WEEK 1 & 2:**  I will start each session with 15 minutes warm up – to include....  Pulse raiser:  Dynamic stretches:  I will finish each session with 10 minutes cool down – to include....  Lowering pulse:  Static stretches:  **Session 1 and 2**  **What –**  **Where –**  **When –**  **How long –**  **Session 3**  **What –**  **Where –**  **When –**  **How long –**  **How have you made this week’s activities enjoyable?**  **How have you overcome adherence factors/barriers in your programme design (cost, lack of access to facilities or equipment, lack of time etc…)?** |

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| **WEEK 3 & 4:**  I will start each session with 15 minutes warm up – to include....  Pulse raiser:  Dynamic stretches:  I will finish each session with 10 minutes cool down – to include....  Lowering pulse:  Static stretches:  **Session 1 and 2**  **What –**  **Where –**  **When –**  **How long –**  **Session 3**  **What –**  **Where –**  **When –**  **How long –**  **How have you made this week’s activities enjoyable?**  **How have you overcome adherence factors/barriers in your programme design (cost, lack of access to facilities or equipment, lack of time etc…)?** |

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| **WEEK 5 & 6:**  I will start each session with 15 minutes warm up – to include....  Pulse raiser:  Dynamic stretches:  I will finish each session with 10 minutes cool down – to include....  Lowering pulse:  Static stretches:  **Session 1 and 2**  **What –**  **Where –**  **When –**  **How long –**  **Session 3**  **What –**  **Where –**  **When –**  **How long –**  **How have you made this week’s activities enjoyable?**  **How have you overcome adherence factors/barriers in your programme design (cost, lack of access to facilities or equipment, lack of time etc…)?** |

Now that you have designed your programme you must complete the following table**, justifying your programme design and linking it to your personal information** gained from your PAR-Q, your targets/goals, and your test results.

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| Week and chosen exercises (activity, intensity (%HR or % 1 rep max), duration, reps, sets etc…) | **Justification of WHY you have selected this exercise/activity in relation to your personal information** (either the results of your PAR-Q, your chosen sport, your targets/goals or your test results). Why have you selected this intensity/duration/number of reps/sets etc… |
| Week 1 and 2 |  |
| Week 3 and 4 |  |
| Week 5 and 6 |  |

TRAINING DIARY

|  |  |
| --- | --- |
| **Week 1** | **How you performed in your activities (What did you do? What did you achieve?)** |
| **Date:**  **Time:**  **Location:**  **Duration:** | **Aim and objective:**  **Type of training:**  **Resources/Equipment:**  **Intensity (%1RM or %MHR):**  **Reps/Sets/Time:** |
| **Date:**  **Time:**  **Location:**  **Duration:** | **Aim and objective:**  **Type of training:**  **Resources/Equipment:**  **Intensity (%1RM or %MHR):**  **Reps/Sets/Time:** |
| **Date:**  **Time:**  **Location:**  **Duration:** | **Aim and objective:**  **Type of training:**  **Resources/Equipment:**  **Intensity (%1RM or %MHR):**  **Reps/Sets/Time:** |

**Why have you not applied progressive overload this week?**

**Week 1 Evaluation**

**Motivation for training**

**How motivated did you feel towards your training programme before you undertook your training sessions this week? Why did you feel this way?**

**How motivated did you feel during each training session this week? Why did you feel this way? Were there any sessions you did not feel this way? If so, why not?**

**How motivated do you feel after completing your training sessions this week? Why do you feel this way and how do you feel going into training next week?**

**Evaluate your performance/progress:**

**Strengths- what are the positive outcomes of my Week 1 sessions? How are these helping you meet your SMART target(s)?**

**Weaknesses- what are the negative outcomes of my Week 1 sessions? How might these be holding you back from reaching your SMART target(s)?**

**What short term physiological effects did you experience during your training this week?**

**Do you feel that you have made any physiological improvements?**

**Did I modify any of my sessions in any way? If yes, why?**

**Based on my experiences/performance this week, what improvements/changes do I need to make to my programme for next week? How will this help your continued commitment to your training?**

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| **Week 2** | **How you performed in your activities (What did you do? What did you achieve?)** |
| **Date:**  **Time:**  **Location:**  **Duration:** | **Aim and objective:**  **Type of training:**  **Resources/Equipment:**  **Intensity (%1RM or %MHR):**  **Reps/Sets/Time:** |
| **Date:**  **Time:**  **Location:**  **Duration:** | **Aim and objective:**  **Type of training:**  **Resources/Equipment:**  **Intensity (%1RM or %MHR):**  **Reps/Sets/Time:** |
| **Date:**  **Time:**  **Location:**  **Duration:** | **Aim and objective:**  **Type of training:**  **Resources/Equipment:**  **Intensity (%1RM or %MHR):**  **Reps/Sets/Time:** |

**Why have you not applied progressive overload this week?**

**Week 2 Evaluation**

**Motivation for training**

**How motivated did you feel towards your training programme before you undertook your training sessions this week? Why did you feel this way?**

**How motivated did you feel during each training session this week? Why did you feel this way? Were there any sessions you did not feel this way? If so, why not?**

**How motivated do you feel after completing your training sessions this week? Why do you feel this way and how do you feel going into training next week?**

**Evaluate your performance/progress:**

**Strengths- what are the positive outcomes of my Week 2 sessions? How are these helping you meet your SMART target(s)?**

**Weaknesses- what are the negative outcomes of my Week 2 sessions? How might these be holding you back from reaching your SMART target(s)?**

**What short term physiological effects did you experience during your training this week?**

**Do you feel that you have made any physiological improvements?**

**Did I modify any of my sessions in any way? If yes, why?**

**Based on my experiences/performance this week, what improvements/changes do I need to make to my programme for next week? How will this help your continued commitment to your training?**

|  |  |
| --- | --- |
| **Week 3** | **How you performed in your activities (What did you do? What did you achieve?)** |
| **Date:**  **Time:**  **Location:**  **Duration:** | **Aim and objective:**  **Type of training:**  **Resources/Equipment:**  **Intensity (%1RM or %MHR):**  **Reps/Sets/Time:** |
| **Date:**  **Time:**  **Location:**  **Duration:** | **Aim and objective:**  **Type of training:**  **Resources/Equipment:**  **Intensity (%1RM or %MHR):**  **Reps/Sets/Time:** |
| **Date:**  **Time:**  **Location:**  **Duration:** | **Aim and objective:**  **Type of training:**  **Resources/Equipment:**  **Intensity (%1RM or %MHR):**  **Reps/Sets/Time:** |

**How have you applied progressive overload this week?**

**Week 3 Evaluation**

**Motivation for training**

**How motivated did you feel towards your training programme before you undertook your training sessions this week? Why did you feel this way?**

**How motivated did you feel during each training session this week? Why did you feel this way? Were there any sessions you did not feel this way? If so, why not?**

**How motivated do you feel after completing your training sessions this week? Why do you feel this way and how do you feel going into training next week?**

**Evaluate your performance/progress:**

**Strengths- what are the positive outcomes of my Week 3 sessions? How are these helping you meet your SMART target(s)?**

**Weaknesses- what are the negative outcomes of my Week 3 sessions? How might these be holding you back from reaching your SMART target(s)?**

**What short term physiological effects did you experience during your training this week?**

**Do you feel that you have made any physiological improvements?**

**Did I modify any of my sessions in any way? If yes, why?**

**Based on my experiences/performance this week, what improvements/changes do I need to make to my programme for next week? How will this help your continued commitment to your training?**

|  |  |
| --- | --- |
| **Week 4** | **How you performed in your activities (What did you do? What did you achieve?)** |
| **Date:**  **Time:**  **Location:**  **Duration:** | **Aim and objective:**  **Type of training:**  **Resources/Equipment:**  **Intensity (%1RM or %MHR):**  **Reps/Sets/Time:** |
| **Date:**  **Time:**  **Location:**  **Duration:** | **Aim and objective:**  **Type of training:**  **Resources/Equipment:**  **Intensity (%1RM or %MHR):**  **Reps/Sets/Time:** |
| **Date:**  **Time:**  **Location:**  **Duration:** | **Aim and objective:**  **Type of training:**  **Resources/Equipment:**  **Intensity (%1RM or %MHR):**  **Reps/Sets/Time:** |

**Why have you not applied progressive overload this week?**

**Week 4 Evaluation**

**Motivation for training**

**How motivated did you feel towards your training programme before you undertook your training sessions this week? Why did you feel this way?**

**How motivated did you feel during each training session this week? Why did you feel this way? Were there any sessions you did not feel this way? If so, why not?**

**How motivated do you feel after completing your training sessions this week? Why do you feel this way and how do you feel going into training next week?**

**Evaluate your performance/progress:**

**Strengths- what are the positive outcomes of my Week 4 sessions? How are these helping you meet your SMART target(s)?**

**Weaknesses- what are the negative outcomes of my Week 4 sessions? How might these be holding you back from reaching your SMART target(s)?**

**What short term physiological effects did you experience during your training this week?**

**Do you feel that you have made any physiological improvements?**

**Did I modify any of my sessions in any way? If yes, why?**

**Based on my experiences/performance this week, what improvements/changes do I need to make to my programme for next week? How will this help your continued commitment to your training?**

|  |  |
| --- | --- |
| **Week 5** | **How you performed in your activities (What did you do? What did you achieve?)** |
| **Date:**  **Time:**  **Location:**  **Duration:** | **Aim and objective:**  **Type of training:**  **Resources/Equipment:**  **Intensity (%1RM or %MHR):**  **Reps/Sets/Time:** |
| **Date:**  **Time:**  **Location:**  **Duration:** | **Aim and objective:**  **Type of training:**  **Resources/Equipment:**  **Intensity (%1RM or %MHR):**  **Reps/Sets/Time:** |
| **Date:**  **Time:**  **Location:**  **Duration:** | **Aim and objective:**  **Type of training:**  **Resources/Equipment:**  **Intensity (%1RM or %MHR):**  **Reps/Sets/Time:** |

**How have you applied progressive overload this week?**

**Week 5 Evaluation**

**Motivation for training**

**How motivated did you feel towards your training programme before you undertook your training sessions this week? Why did you feel this way?**

**How motivated did you feel during each training session this week? Why did you feel this way? Were there any sessions you did not feel this way? If so, why not?**

**How motivated do you feel after completing your training sessions this week? Why do you feel this way and how do you feel going into training next week?**

**Evaluate your performance/progress:**

**Strengths- what are the positive outcomes of my Week 6 sessions? How are these helping you meet your SMART target(s)?**

**Weaknesses- what are the negative outcomes of my Week 6 sessions? How might these be holding you back from reaching your SMART target(s)?**

**What short term physiological effects did you experience during your training this week?**

**Do you feel that you have made any physiological improvements?**

**Did I modify any of my sessions in any way? If yes, why?**

**Based on my experiences/performance this week, what improvements/changes do I need to make to my programme for next week? How will this help your continued commitment to your training?**

|  |  |
| --- | --- |
| **Week 6** | **How you performed in your activities (What did you do? What did you achieve?)** |
| **Date:**  **Time:**  **Location:**  **Duration:** | **Aim and objective:**  **Type of training:**  **Resources/Equipment:**  **Intensity (%1RM or %MHR):**  **Reps/Sets/Time:** |
| **Date:**  **Time:**  **Location:**  **Duration:** | **Aim and objective:**  **Type of training:**  **Resources/Equipment:**  **Intensity (%1RM or %MHR):**  **Reps/Sets/Time:** |
| **Date:**  **Time:**  **Location:**  **Duration:** | **Aim and objective:**  **Type of training:**  **Resources/Equipment:**  **Intensity (%1RM or %MHR):**  **Reps/Sets/Time:** |

**Why have you not applied progressive overload this week?**

**Week 6 Evaluation**

**Motivation for training**

**How motivated did you feel towards your training programme before you undertook your training sessions this week? Why did you feel this way?**

**How motivated did you feel during each training session this week? Why did you feel this way? Were there any sessions you did not feel this way? If so, why not?**

**Now that you have completed 6 weeks of training, how motivated do you feel after completing your training sessions this week? Why do you feel this way and how do you feel going forward with training in future?**

**Evaluate your performance/progress:**

**Strengths- what are the positive outcomes of my Week 6 sessions? Have you met your SMART target(s)? Summarise all positive aspects of your 6 week training which mean you have been successful.**

**Weaknesses- what are the negative outcomes of my Week 6 sessions? Did you fail to meet your SMART target? Evaluate the reasons why you feel your 6 week training programme did not go to plan.**

**What short term physiological effects did you experience during your training this week?**

**Do you feel that you have made any physiological improvements?**

**Did I modify any of my sessions in any way? If yes, why?**