**Unit 5 Fitness Training for Personal Fitness**

You need to plan a 6 week training programme to help achieve your goals.

Your training must focus on **EITHER**:

1. Aerobic Endurance
2. Muscular Endurance

This programme must be CREATIVE – you cannot plan all sessions to happen in the gym (use outside, use different methods (e.g. swimming, spinning, boxercise etc…)

Plan 2 x gym sessions per week

Plan 1 x alternative session per week

Warm Ups should include:

* A pulse raiser (5 mins, pick what exercise)
* Dynamic Stretches (list the names of dynamic exercises)

Cool Downs

* Reduction in pulse (5 mins, pick what exercise)
* Static Stretches (list the muscles to stretch)

To help you plan your gym sessions below are exercises that you can choose from (if you already use the gym and are familiar with other exercises then feel free to include those!).

For sessions relating to Muscular Endurance (resistance training)

**Sessions 1 & 2**

From the below list, look at the area of the body you are focussing on and pick 4-5 x exercises for one session and 4-5 x exercises for the other (these can be similar but try and add some variety)

|  |  |
| --- | --- |
| Upper body |  |
| Chest | Chest press (machine)  Benchpress  Dumbbell chest press  Dumbbell chest fly  Cable fly |
| Back | Lateral Pulldown (machine)  Seated Rows (on cables)  Bent Over Row  Single Arm Row  Deadlifts  Back extension |
| Arms | Bicep Curls  Tricep Extension  Tricep Press  Lateral Raise  Frontal Raise  Shoulder Press (machine)  Seated/Standing shoulder press (dumbbells) |
|  |  |
| Lower body | Squats (bodyweight, dumbbells, barbell)  Lunges (bodyweight, dumbbells, barbell)  Reverse Lunges (bodyweight, dumbbells, barbell)  Leg extension (machine)  Leg curl (machine)  Calf Raises (holding dumbbells) |
|  |  |
| Core | Full Sit Ups (can use dumbbells)  Crunches (can use dumbbells)  Russian Twist (using medicine ball)  Bicycle Crunches (can use ankle weights)  Leg Raises (can hold dumbbell between feet)  Flutter Kicks (can use ankle weights) |

Once you have selected your exercise, make sure you are including the right principles of training (intensity/reps/sets) when adding them into your training programme. Use the below table for guidance.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Muscular Endurance/ | Intensity | Reps | Sets | Rest |
| Weeks 1 & 2 | 70% 1RM | 15 | 3 | 30 seconds-1 minute |
| Weeks 3 & 4 | 70% 1RM | 18 | 3 | 30 seconds-1 minute |
| Weeks 5 & 6 | 75% 1RM | 20 | 3 | 30 seconds-1 minute |

You must show that you are progressing/overloading every 2 weeks. You could:

* Add in an extra exercise
* Increase reps (must still be high to train muscular endurance)
* Increase %1RM (go no higher than 80%1RM)
* Decrease rest time

**Session 3**

Your 3rd session of the week must be creative. You could include:

* A Boxercise class at your local gym
* A Body Pump class
* Do an MMA class of your choice
* A personal training session conducted at a different gym
* Any other type of resistance class you can think of that your local leisure centre or gym might have on their timetable…go and have a look!

These sessions must also show progression/overload every 2 weeks. You could:

* Increase the length of the class
* Pick a different, more challenging class for variety

For sessions relating to Aerobic Endurance (continuous training)

**Sessions 1 & 2**

You have the following machine you can use in the gym:

* Treadmill
* Bike
* Cross trainer
* Running machine

Use the following principles when writing up your sessions

|  |  |  |  |
| --- | --- | --- | --- |
| Continuous training (aerobic) | Intensity | Time | Rest |
| Weeks 1 & 2 | 65% MHR | 30 minutes | None |
| Weeks 3 & 4 | 70% MHR | 40 minutes | None |
| Weeks 5 & 6 | 75% MHR | 50 minutes | None |

You need to show progression and overload every two weeks so should increase the intensity and time as shown in the table above.

You could also change the piece of equipment to add variety and make your training more interesting!

**Session 3**

Your 3rd session of the week must be creative. You could include:

* An outdoor run in your local park
* A cycle at Box Hill (or somewhere close to where you live)
* Do a spinning class at your local gym
* Go for a swim at your local swimming pool

Whatever you do it should follow the same intensity and time principles above and show progression/overload every 2 weeks