

Review for the six week
training programme

Review of 6 week Continuous Training

Week	Before	During	After
1			
2			
3			
4			
5			
6			

Write one sentence on how you felt before, during and after each run (look at your training diary).

Resting Heart Rates

Week	RHR (BPM)	Has it gone up or down	Why has this happened	What do you need to do to improve next week?
1				
2				
3				
4				
5				
6				

Resting Heart Rates

What does the change in your resting heart rate say about your fitness?

What could you do to improve in the future?

What went well

- Running- *e.g. Technique, enthusiasm, improvements, fun, able to stick to plan, no barriers, aims and objectives* - **EXPLAIN WHAT YOU PICK – GIVE EXAMPLES**

Personal developments you have made

- Running- **Explain** what personal developments you have made in relation to your **aims and objectives** (*aerobic endurance, etc*) – **SAY WHICH + HOW YOU DID MAKE CHANGES (INCREASE DISTANCE)+ HOW YOU KNOW YOU HAVE MADE A DEVELOPMENT (GIVE SPECIFIC SPORTING EXAMPLES – HOW MUCH FURTHER YOU WERE RUNNING. WHAT HAPPENED TO YOUR RESTING HEART RATE ETC...)**

Changes to your levels of fitness

- Running- **Explain what** changes there have been to your levels of fitness (improvements to your cardiovascular endurance, ability to last a full match etc) – **SAY WHATS IMPROVED AND HOW YOU KNOW (SPORTING EXAMPLE – IN YOUR ACTUAL SPORT AND YOUR RESTING HREART RATE)**

Aims and Objectives

- Running- **Explain** did you meet any of your aims and objectives (to improve in your chosen sport e.g. to improve *aerobic endurance* so you could last longer in a game) **if you didn't meet them why not**

Levels Of Commitment and Dedication

- Running- **Explain** what were your levels of commitment and dedication were like (were you committed, did you follow the plan, did you make any changes, modified the plan) – **EXPLAIN – GIVE EXAMPLES, DID YOU MISS MANY SESSIONS, DID YOU CHANGE MANY SESSIONS?**

Improvements that could be made.

- Running- the areas of my personal fitness training programme that could be improved (weaknesses) e.g. Technique, enthusiasm, improvements, not fun, able to stick to plan, **EXPLAIN WHAT YOU PICK – SAY WHY THEY WERE WEAKNESSES – GIVE EXAMPLE**

Any barriers I had to overcome

- Running- did you have any barriers to taking part, could these be overcome, think about the barriers in the last piece of work did any of these become an issue.g. cost, time, travel, family issues – **EXPLAIN THE ONES YOU PICK – GIVE EXAMPLES**

Evidence that suggests I have improved

- Running- what evidence have you got to suggest that you have made progress. Eg, overload , Increase distance each week, better at your chosen sport as you can now last longer, met aims , playing better at your chosen sport for longer – Say in your last game you did...
EXPLAIN THE ONES YOU PICK – GIVE SPORTING EXAMPLES

Recommendations and changes.

- Running- **Explain what Recommendations you would make** - did you enjoy it, are there activities that you liked or would have changed, what would you do next time, what changes would you make to your plan if you had to do it again e.g. certain distances or choice of run, days you trained, number of rest days, food before training, training partner, location of exercises etc. **YOU MUST PICK A FEW – EXPLAIN WHY YOU WOULD HAVE CHANGED IT**

Recommendations and Changes- Running

Justify your recommendations – offer your opinion on why your recommendations are appropriate and provide reasons or examples to back up your opinions –**FOR EACH RECOMMENDATION YOU HAVE PICKED ABOVE – SAY WHY THIS WILL HELP YOU IF YOU DO A PEP AGAIN (EXPLAIN....THIS IS BECAUSE.....)**

For Example;

I have made some changes to my run because I would like to make it more relevant to me as a footballer.

In my old PEP I noticed that I had to overcome barriers like getting to and from Pontefract Race Course so in my now PEP I have made a modified map of my house and things around it. I have do this so that I can start the run from my house and also finish at my house, this way I know where I am running and I also know that I will always be able to do the run as it is close to my house meaning I wont have to overcome any barriers. These barriers include the cost of a taxi or bus and also school work as I can now do my school work and have plenty of time to do my run as I will be close to my house.

On my old plan I used to just do continuous running none stop on a flat surface which wasn't that good because I needed to change my speed and also the surface I was running on, so in my new PEP I am now running different terrains as I sometimes play on grass or 3G so I need to be used to different surfaces. I have planned a Farklet run which consists of walking, jogging and sprinting. I decided to do this because as a footballer I need to be able to walk during a corner so I can drag my marker out and then speed past him to win the header make or make space for my team. In a football game I also need to conserve my energy by jogging back to help my fullbacks when defending and I need to be able to burst forward onto through balls and also beat defenders on the wing. I have also done my runs at different heights for example, I have done running up and down hills so that I am running at a higher intensity, helping improve my stamina and also my speed as I am putting more pressure on my legs helping me last longer in a game and making me a bit quicker to.

In my new PEP I have added more stations so that I am doing even more work than last time where I only did three different stations and now I'm doing four. Last time I didn't really enjoy my stations so I have added in things that I like and have increased how many I do by adding different sets as well as higher reps. I have chose to do press ups because as a footballer it will improve my throw ins so I can throw the ball into the box to create a chance for my team, I have done sit ups to help improve my core so that I don't get injured as easy in a game, I have chose to do skipping because I will help improve my cardiovascular endurance and foot eye co-ordination and I have chose to do star jumps so again it will improve my cardiovascular endurance for a game.

In my new PEP I have now made it so that the route I am running it will take me between 70 and 90 minutes. I have done this because when I play football for my school team it varies from 35 minutes a half and 45 minutes a half, meaning I will need to be able to save my energy and improve my cardiovascular endurance so I can play the full game. This is helping me become a better winger which is my main position when playing football but this means that I will need better stamina and energy than most players.

Conclusion

Summarise your 6 week plan.

Did you enjoy it?

Would you do it again?

Would you do with a partner?

Do you think you could make it more enjoyable?

Did you find that you had lots of barriers?

Would you change the time of year? Why?

Has the running helped in your sport? Why?

Has the fitness suite helped in your sport? Why?