

## Training Diary – TASK 3

### Week 1

#### Rest Days

My rest days in week 1 were.... (List the days, including the EXACT date eg Sunday 1<sup>st</sup> September 2019, Monday 2<sup>nd</sup> September 2019)

#### Aerobic endurance / Continuous Training – (Input the full date here e.g. Tuesday 3<sup>rd</sup> September 2019)

<b>What you are talking about</b>	<b>Your answer (write in FULL sentences)</b>  For example, you can't just say ' <i>Queens Park run</i> ' in the first box. You need to say something like ' <i>On Monday I did the Queens Park Run.</i> '
<b>Which run did you do?</b>  <b>Which colour courses did you run?</b>  <b>What Type of Training is this?</b>	
<b>Which one are you improving and why? (related to your targets).</b> <ul style="list-style-type: none"><li>• To be better at your sport (give your specific targets)</li><li>• increase cardiovascular endurance and why?</li></ul>	
<b>What went well</b>  <b>Choose one of the following (Make sure you pick a different one each week);</b> <ul style="list-style-type: none"><li>- Good effort levels</li></ul>	

<ul style="list-style-type: none"> <li>- Good technique</li> <li>- Muscles didn't ache</li> <li>- Pushed hard</li> <li>- Felt good</li> <li>- Good intensity</li> </ul>	
<p>Even better if EBI – what could go better next time, why?</p> <ul style="list-style-type: none"> <li>- Poor effort levels</li> <li>- Poor technique</li> <li>- Muscles ache</li> <li>- Not Pushed hard enough</li> <li>- Felt weak</li> <li>- Poor strides</li> </ul>	
<p>Did you enjoy it? Why? (worked hard, fun, correct intensity)</p>	
<p>How did you feel before, during and after the session? Tired, energized, happy – why?</p>	
<p>Any barriers you have overcome today? Money, time, family, tiredness, stress, health issues. Revision, homework etc</p>	
<p>Is there any safety aspects you would change – Say NO will just increase progressive overload How will you do this?</p>	
<p>What was your Resting Heart Rate ? bpm</p>	
<p>What was your working Heart Rate bpm? What % of your max HR is this? (220-age)</p>	

<p><b>What is your RPE(Rating of Perceived Exertion)</b>  <b>Why is this important?</b></p>	
<p><b>Are you in the Aerobic zone (65-80% of max HR)</b>  <b>Why is it important that you stay in this zone?</b></p>	
<p><b><u>YOU NOW NEED TO COPY AND PASTE EACH BOX INTO A FULL PARAGRAPH. READ THROUGH AND MAKE SURE IT MAKES SENSE. THERE IS AN EXAMPLE AT THE BOTTOM</u></b></p>	

## **Week 2**

### **Rest Days**

*My rest days in week 1 were.... (List the days, including the EXACT date eg Sunday 1<sup>st</sup> September 2019, Monday 2<sup>nd</sup> September 2019)*

**Aerobic endurance / Continuous Training – (Input the full date here e.g. Tuesday 3<sup>rd</sup> September 2019)**

<p><b>What you are talking about</b></p>	<p><b>Your answer (write in FULL sentences)</b></p> <p>For example, you can't just say '<i>Queens Park run</i>' in the first box. You need to say something like '<i>On Monday I did the Queens Park Run.</i>'</p>
<p><b>Which run did you do?</b></p> <p><b>Which colour courses did you run?</b></p> <p><b>What Type of Training is this?</b></p>	
<p><b>What is your aim for this session (Push harder, better time, do without stopping, not walk, get heart rate up etc)</b></p>	

<p><b>Which of these did you use from last week to ensure progressive overload – explain</b></p> <p><b>F – Frequency – How often you trained (Did you run more times?)</b></p> <p><b>I – Intensity – How hard you worked (did you work harder? – Yes because you ran a longer distance. Say which route you did)</b></p> <p><b>T – Time – How long you did it for (did you run for longer? – Yes because the distance was longer, so you ran for longer)</b></p> <p><b>T – Type (you did continuous training as before)</b></p>	
<p><b>What went well</b></p> <p><b>Choose one of the following (Make sure you pick a different one each week);</b></p> <ul style="list-style-type: none"> <li>- <b>Good effort levels</b></li> <li>- <b>Good technique</b></li> <li>- <b>Muscles didn't ache</b></li> <li>- <b>Pushed hard</b></li> <li>- <b>Felt good</b></li> <li>- <b>Good intensity</b></li> </ul>	
<p><b>Even better if EBI – what could go better next time, why?</b></p>	

<ul style="list-style-type: none"> <li>- Poor effort levels</li> <li>- Poor technique</li> <li>- Muscles ache</li> <li>- Not Pushed hard enough</li> <li>- Felt weak</li> <li>- Poor strides</li> </ul>	
<p>Did you enjoy it? Why? (worked hard, fun, correct intensity)</p>	
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<p>Any barriers you have overcome today? Money, time, family, tiredness, stress, health issues. Revision, homework etc</p>	
<p>Is there any safety aspects you would change – Say NO will just increase progressive overload How will you do this?</p>	
<p>What was your resting Heart Rate bpm? Has this gone up/down from last week? Why has this happened?</p>	
<p>What was your working Heart Rate bpm? What % of your max HR is this? (220-age) Has this gone up/down from last week? Why has this happened?</p>	

What is your RPE(Rating of Perceived Exertion)	
Has this gone up/down from last week? Why has this happened?	
Are you in the Aerobic zone (65-80% of max HR) Why is it important that you stay in this zone?	
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## **Week 3**

### **Rest Days**

*My rest days in week 1 were.... (List the days, including the EXACT date eg Sunday 1<sup>st</sup> September 2019, Monday 2<sup>nd</sup> September 2019)*

**Aerobic endurance / Continuous Training – (Input the full date here e.g. Tuesday 3<sup>rd</sup> September 2019)**

What you are talking about	<b>Your answer (write in FULL sentences)</b>  For example, you can't just say ' <i>Queens Park run</i> ' in the first box. You need to say something like ' <i>On Monday I did the Queens Park Run.</i> '
Which run did you do?  Which colour courses did you run?  What Type of Training is this?	
What is your aim for this session (Push harder, better time, do without stopping,	

<p>not walk, get heart rate up etc)</p>	
<p>Which of these did you use from last week to ensure progressive overload – explain</p> <p>F – Frequency – How often you trained (Did you run more times?)</p> <p>I – Intensity – How hard you worked (did you work harder? – Yes because you ran a longer distance. Say which route you did)</p> <p>T – Time – How long you did it for (did you run for longer? – Yes because the distance was longer, so you ran for longer)</p> <p>T – Type (you did continuous training as before)</p>	
<p>What went well</p> <p>Choose one of the following (Make sure you pick a different one each week);</p> <ul style="list-style-type: none"> <li>- Good effort levels</li> <li>- Good technique</li> <li>- Muscles didn't ache</li> <li>- Pushed hard</li> <li>- Felt good</li> <li>- Good intensity</li> </ul>	

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<p><b>Is there any safety aspects you would change – Say NO will just increase progressive overload How will you do this?</b></p>	
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Why has this happened?	
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### Rest Days

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What you are talking about	<b>Your answer (write in FULL sentences)</b>  For example, you can't just say ' <i>Queens Park run</i> ' in the first box. You need to say something like ' <i>On Monday I did the Queens Park Run.</i> '
What you are talking about	<b>Your answer (write in FULL sentences)</b>  For example, you can't just say ' <i>Queens Park run</i> ' in the first box. You need to say something like ' <i>On Monday I did the Queens Park Run.</i> '
Which run did you do?	

<p><b>Which colour courses did you run?</b></p> <p><b>What Type of Training is this?</b></p>	
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<p><b>What went well</b></p> <p><b>Choose one of the following (Make sure you pick a different one each week);</b></p>	

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<p><b>Is there any safety aspects you would change – Say NO will just increase progressive overload How will you do this?</b></p>	
<p><b>What was your resting Heart Rate bpm? Has this gone up/down from last week?</b></p>	

Why has this happened?	
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## Week 5

### Rest Days

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## **Week 6**

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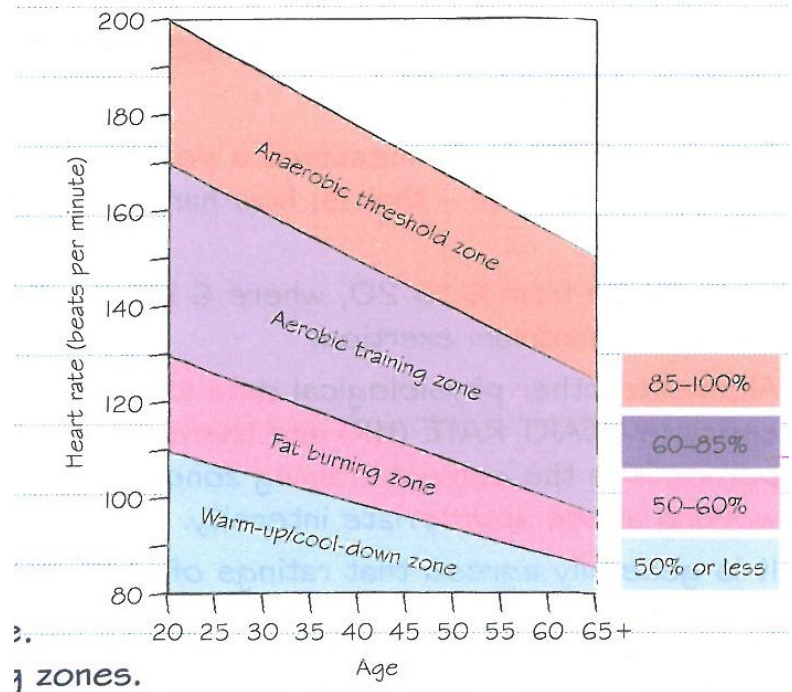


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Why has this happened?	
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## TO HELP YOU

Rating of perceived exertion	Intensity
6	No exertion
7	
8	
9	
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard (heavy)
16	
17	Very hard



$$220 - \text{AGE} = \text{MAXIMUM HEART RATE}$$

## Example work

### Running

Sunday 9/10/16

*On Sunday I did the Pontefract Race course run and I was trying to improve my cardiovascular endurance which will help me as a footballer because I need to have good fitness levels and stamina. I think my run went well this week because I was taking big strides which helped me conserve my energy and helped me finish my run at the same intensity as I started. Next week I could try a skip for the full 2 minutes instead of stopping when I got tired as I needed a 30 second rest during this station because I was out of breath. This week I enjoyed my run because I felt like I was slowly improving my cardiovascular endurance because when I was running I rarely stopped. After my run I felt good because my legs were tired but felt like I had improved from last week's run. This week I didn't have to overcome any problems as I completed all my course work on time which gave me the full day to do my run. There were no safety issues this week as the weather was good and didn't make the track difficult to run on. This week my working heart rate was 150 bpm which was an improvement from last week because my working heart rate was 145 bpm, this puts me in aerobic training zone and I know this because my maximum heart rate is 205 bpm and 150 bpm is about 70% of it, putting me in that aerobic training zone. This is good because it is helping me improve my cardiovascular endurance as the aerobic training zone is working at a high intensity. This week my RPE was 16 which was another improvement from last week when it was 14. I think it improved because the progressive overload I put in this week, for example, more stations and a further distance in the run over different and more difficult terrains allowed me to up the intensity and work.*

