

Review for the six week  
training programme

# Review of 6 week Weight Training

Week	Before	During	After
1			
2			
3			
4			
5			
6			

Write one sentence on how you felt before, during and after each fitness suite session (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

- Gym- *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

- **Gym - Explain** what personal developments you have made in relation to your **aims and objectives** (*muscular strength, muscular endurance etc*) – **SAY WHICH + HOW YOU DID MAKE CHANGES (INCREASE WEIGHTS / REPS) + HOW YOU KNOW YOU HAVE MADE A DEVELOPMENT (GIVE SPECIFIC SPORTING EXAMPLES – HOW MUCH MORE WEIGHT/REPS ARE YOU NOW DOING FROM WHAT YOU STRATED ON, ON SPECIFIC MACHINES)**

# Changes to your levels of fitness

- Gym- **Explain what** changes there have been to your levels of fitness (improvements to your abs if that's what you aimed for, or your biceps.....) – **SAY WHATS IMPROVED AND HOW YOU KNOW (SPORTING EXAMPLE IN YOUR ACTUAL SPORT AND SPECIFIC MUSCLES)**

# Aims and Objectives

- Gym- **Explain** did you meet any of your aims and objectives (to improve in your chosen sport e.g. to improve *muscular strength* so you could get more powerful shot) **if you didn't meet them why not**



# Levels Of Commitment and Dedication

- Gym- **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.

- Gym- 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

- Gym- 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

- Gym- what evidence have you got to suggest that you have made progress e.g. That you overloaded , increase weight/intensity after 6 weeks, better at your chosen sport because you are stronger (give specific examples), met aims ,could hit the ball with more power etc.  
**EXPLAIN THE ONES YOU PICK – GIVE SPORTING EXAMPLES**

# Recommendations and changes.

- Gym- **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 machines/exercises, 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- Weight Session

**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 weight session because I would like to make it more relevant to me as a footballer.*

*In my old PEP I noticed that I was only doing one session a week which was slowly helping me improve my muscular strength but I wanted to speed it up so I added an extra day a week to ensure muscle atrophy is going to occur, this will help me as a footballer as I can then be stronger and also become more of a physical winger then I was before.*

*In my new PEP I have made specific choices of machines so that I can become a better footballer. I have changed my warm up machine from treadmill to a bike machine so that I can really get more oxygenated blood flowing around my body which will help me get the energy I need when doing my exercises, as I want to be ready for a high intense, weight session, where as the treadmill, which I am using as my cool down, is better for releasing trapped lactic acid which will have built up after my intense session. This will help me recover for when I do my next session or when I doing training for football. I have made my first machine leg press instead of the lat pull down because the lat pull down is focusing on my shoulders and back but I need to improve my leg strength, so that I can have more power in my shots, crosses and also it will help me become faster so I can beat defenders easier. This is the reason why I have made my main focus on my legs, to help me become a better footballer.*

*In my new PEP I have added a variety of sets by including a drop down set to my leg press machine. This will make my weight sessions more fun and enjoyable as I wont just be doing the same thing every session. This way I will be more motivated to go to the gym. By doing a drop down set my muscle memory wont adapt to my routine helping muscle hypertrophy to happen, making my muscles bigger and stronger. A drop down set will help me as a footballer because it puts different intensities on my legs, making me better at putting different power on my passes and shot because when I'm passing the ball to someone close I will put a small amount of power on it and if I'm doing a long pass over the top I will need to put a lot of power on it.*

*In my new PEP I have also changed started doing lower reps and higher weights so that I am working in the anaerobic training zone, helping me improve my muscular strength quicker than I was before. The fact that I am doing two sessions a week also means that I will be able to improve my muscular strength even more as I will be working my muscles more frequently.*

# 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?