

PEP
(Personal Exercise Plan)

Name

INTRODUCTION

**Produce your own PARQ (Physical Activity Readiness Questionnaire)
& include it in the finished PEP**

Description of why I am setting up my training programme

- ???? You type here ????????

The Type of fitness that I will be focusing to improve on is

- ??? You type here ????????

Reasons to improve this aspect of fitness are:

- Event?
- Date?
- ??? You type here ????????

Principles of Training: SPORT

What are they and how will I use these to set up an effective training programme?

Specificity: Training must be specific to the sport. For example there's no point in running 1500 meters in training for 100m. Training must also be specific to the athlete, by working on their weaknesses and at their level

- ???? You type here ????????

Progression : You should gradually increase the amount of training you do. For example when you start you may only train for half an hour twice a week. You should gradually increase this amount in order to progress once your body can cope

- ???? You type here ????????

Overload: This involves pushing your body harder than normal. In order to do this, you can increase one or a combination of the following:

- ???? You type here ????????s.

Reversibility: If you have to stop training because of illness or a holiday, when you return your fitness levels will have dropped. Always start at a slightly lower level than you were at when you stopped. It takes longer to gain fitness than to lose it!

- ??? You type here ????????s.

Tedium: If we do the same thing for every session, we are going to get bored & are much less likely to continue or put in our maximum effort. How will you combat this?

??? You type here ????????s.

Principles of Overload: FITT

What are they and how will I use these to set up an effective training programme?

Frequency - How often should you exercise? If you want to stay fit and healthy you should exercise at least twice a week. You also need to make sure if you are training hard, you get enough rest

Monday ???? You type here ????????

Tuesday ???? You type here ????????

Wednesday ???? You type here ????????

Thursday ???? You type here ????????

Friday ???? You type here ????????

Saturday ???? You type here ????????

Sunday ???? You type here ????????

Intensity - This is how hard you should work. For example, if you want to lose weight you should work at around 75% of your maximum heart rate

○ ???? You type here ????????

Time - How long are your exercise sessions going to be? Aerobic training sessions should last at least 20 minutes. If time is tight, it is better to do three 20 minute sessions a week than one 60 minute session.

○ ???? You type here ????????

Type - What type of training are you going to do? This will depend on what your aims are. Although in most cases try to vary your sessions to keep you interested.

○ ???? You type here ????????

DIET

Explain your healthy eating plan?

- What are the main food groups?
- What portion of your daily diet should each food group makeup?
- What food groups fuel exercise?
- Vitamins & minerals, what part do they play?
- How is your diet likely to change with this training program?
- Foods to avoid?
- Foods I should be aiming for?
- An example of a daily food plan, including drinks?
 - Breakfast
 - Morning Snacks
 - Lunch
 - Afternoon Snacks
 - Dinner
 - Supper
- An example what you might take for a workout; food/drinks
 - Before
 - During
 - Immediately after
 - What is special about food/drink intake immediately after a workout?

Explain your hydration plan?

- How does dehydration effect performance? (different levels of dehydration)
- Why does the human body sweat?
- What are electrolytes?
- What is an Isotonic drink & how does this help a sports person?
- How can you make your own Isotonic drink?

Benchmark Tests

Activity	Start	End	Diff.	Comment
Aerobic Cooper Run				
Anaerobic 10 meter dash				
Speed 30 meter sprint				
Co-ordination				
Sit ups				
Press ups				
Tricep Dips				
Wall Squats				
Standing Long Jump				
Standing Vertical Jump				
Balance Stork Test				
Multi Stage fitness test.				

Evaluation of your Test at the **START** of your program

- ??? You type here ???????

Evaluation of your tests at the **END** of your program

- ??? You type here ???????

Sport	Aspect of fitness required	Areas for development
??? You type here ???????	??? You type here ???????	??? You type here ???????
??? You type here ???????	??? You type here ???????	??? You type here ???????
??? You type here ???????	??? You type here ???????	??? You type here ???????

What are the effects of exercise on my body?

Muscular System	Circulatory System	Respiratory System
??? You type here ????????	??? You type here ????????	??? You type here ????????

Working out your max Heart Rate

$$220 - ??? (Your age) = ???$$

$$60\% \text{ of max H/R} = ???$$

$$80\% \text{ of max H/R} = ???$$

Why are we interested in our 60% & 80% H/R?

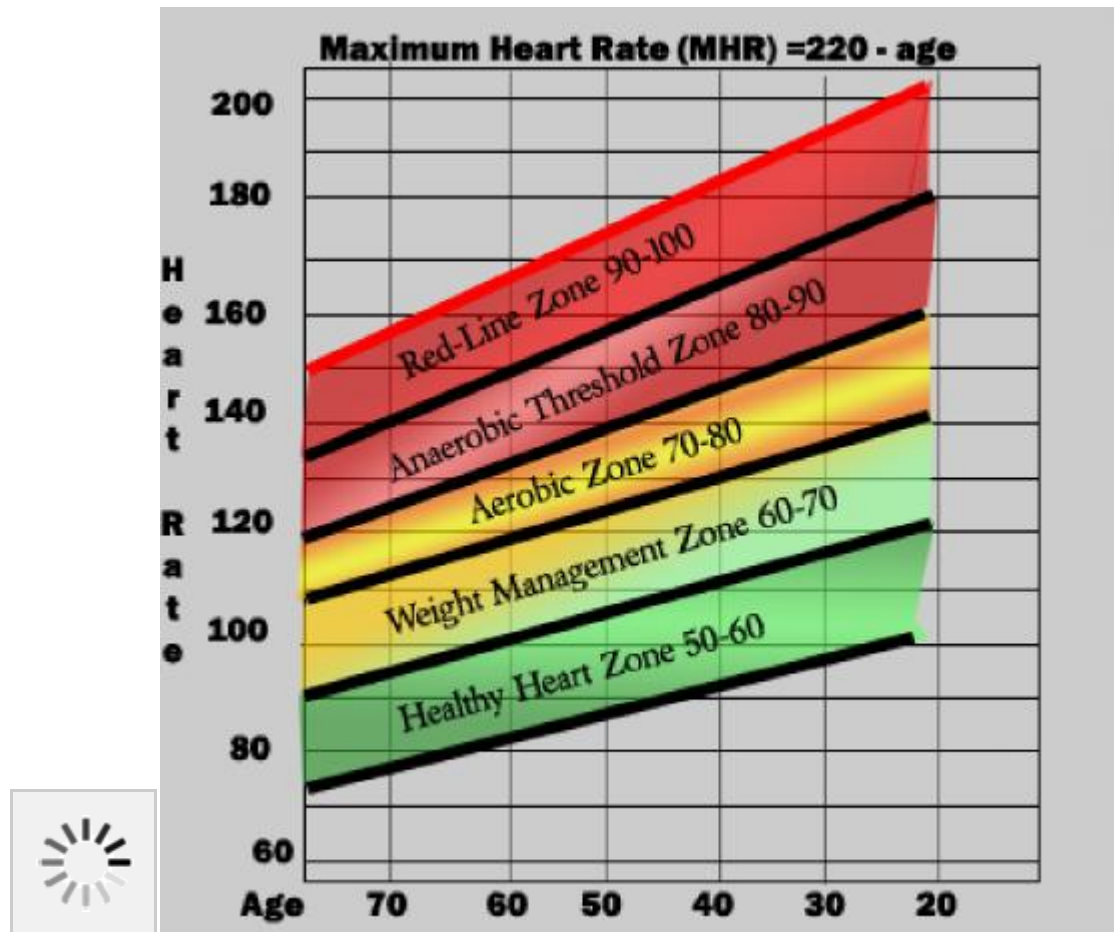
- ??? You type here ????????

What does Anaerobic and Aerobic mean?

- ??? You type here ????????

Your Target Zone Graph

Plot your H/R whilst training



Which zone are you training in? & explain whether this is the appropriate zone for you targets

- ??? You type here ????????

Is my recovery rate important in the sport of my choice and why is this so?

Take your Heart Rate while resting, take part in some vigorous exercise for 15 minutes & then at 1 minute intervals take your HR again. Fill in the table below & then plot it on the graph.

Resting HB	1	2	3	4	5	6	7	8

Plot your recovery rate from the scores above

200
180
160
140
120
100
80
60
40

1 2 3 4 5 6 7 8
minutes

Training Methods

Interval Training

- ??? You type here ????????

Continuous Training

- ??? You type here ????????

Fartlek Training

- ??? You type here ????????

Weight Training

- ??? You type here ????????

Circuit Training

- ??? You type here ????????

Which one of these will I use to improve the fitness I am focusing on in the sport of my choice and why?

- ??? You type here ????????

Weekly Time table

- Monday ???? You type here ????????s.
- Tuesday ???? You type here ????????s.
- Wednesday ???? You type here ????????s.
- Thursday ???? You type here ????????s.
- Friday ???? You type here ????????s.
- Saturday ???? You type here ????????s.
- Sunday ???? You type here ????????s.

Circuit:

- **Describe your warm up routine**
 - ???? You type here ????????s
- **Station 1:**
 - ???? You type here ????????s
 - Muscle groups used?
- **Station 2: Situps**
 - ???? You type here ????????s
 - Muscle groups used?
- **Station 3:**
 - ???? You type here ????????s
 - Muscle groups used?
- **Station 4: Twist & Sit**
 - ???? You type here ????????s
 - Muscle groups used?
- **Station 5: Step Ups**
 - ???? You type here ????????s
 - Muscle groups used?
- **Station 6:**
 - ???? You type here ????????s
 - Muscle groups used?
- **Describe your cool-down & stretches you do after this program?**
 - ???? You type here ????????s

I also want to incorporate continuous training into my program

eg: cycling, ergo, swimming, running

- I have chosen?
- Because?

Evaluation of your program

Referring back through this document

Why did you set up this training programme?

- ??? You type here ???????

The Type of fitness that I focused on to improve was?

- ??? You type here ???????

The reasons I wanted to improve these aspect of fitness were?

- ??? You type here ???????

Did you get bored with your program? explain:

- ??? You type here ???????

Which training method did you focus on?

- ??? You type here ???????

Your findings from your fitness tests start/end of the program?

- ??? You type here ???????

Would you consider your training program to be a success & if so why?

- ??? You type here ???????

How would you improve your program if you did it again?

- ??? You type here ???????

Help producing your PEP

- <http://groups.MagdalenCourtSchool.co.uk> 'GCSE PE'
 - Your fitness test results & other group correspondence can be found here
 - HW assignments
- [www.MagdalenCourtSchool.co.uk/Team Sports/](http://www.MagdalenCourtSchool.co.uk/Team%20Sports/)
 - There is a very good completed PEP for you to look at here
 - Different sport assessments for the GCSE PE
 - PowerPoint slides from our lessons
- email: John@MagdalenCourtSchool.co.uk
- <http://email.MagdalenCourtSchool.co.uk>
 - By using **Gmail** 'Documents', you can share your document with me & I can see/edit/help you with your PEP as it develops. email me when you want help with a particular section.