

PE

Plan a Personal exercise programme. Use the answers from the below questions to guide your planning.

The fitness tests have been completed for you to aid your planning.

- *What sport and what position are you planning for? e.g. Netballer who plays wing defence.*
 - *What component of fitness you will focusing on? e.g. Muscular endurance.*
 - *What does specificity and progressive overload mean?*
 - *What is circuit training and Interval training?*

Personal Exercise Plan

School closure



Name _____

Form _____

I want to develop a component of fitness to improve my performance in my favourite sport.

Which sport have you chosen to improve and what position?

Fitness test	Pre PEP scores	Target	Post PEP Scores
Multi stage fitness test	10		
Cross country	5 laps		
Press up Test	30		
Sit up test	40		
Burpee Test	20		

Which component of fitness have you chosen to improve?

Why?

We will use 2 training methods to improve the component of fitness we have chosen. Interval training and circuit training.

Interval training is

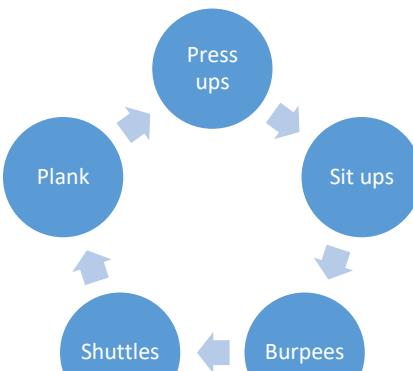
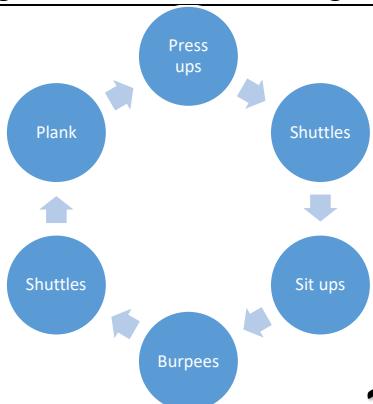
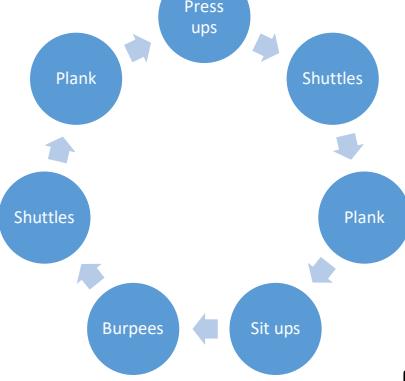
Circuit training is

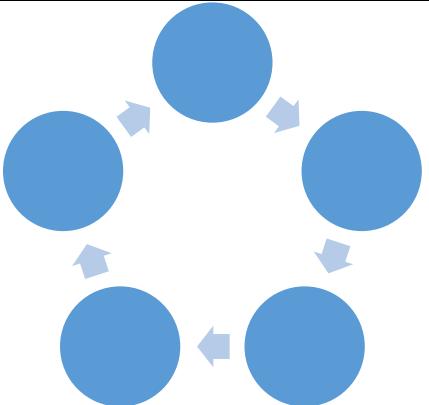
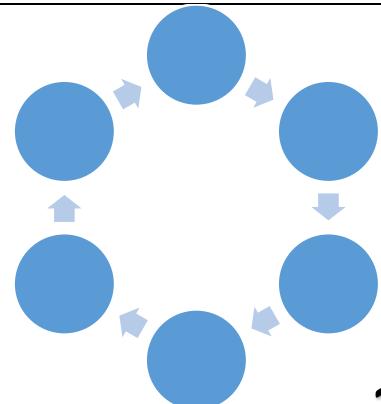
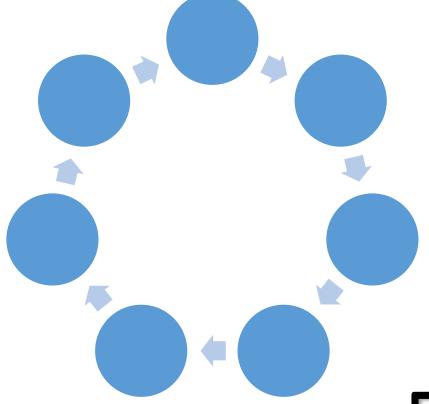
These are the principles of training I want to demonstrate throughout this 3-week training plan.

Progressive overload

Specificity

FITT

Training Session 1 Circuit Training	Training Session 2 Interval Training
 <p>6 rounds 30 seconds per station 15 minute Session</p> <p>1</p>	<p>20 meters</p> <p>5 rounds 20 seconds work 40 seconds rest</p> <p>Rest 2 minutes</p> <p>5 rounds 20 seconds work 40 seconds rest</p> <p>2</p>
 <p>6 Rounds 30 seconds per station 18 minute session</p> <p>3</p>	<p>20 meters</p> <p>6 rounds 30 seconds work 30 seconds rest</p> <p>Rest 2 minutes</p> <p>6 rounds 30 seconds work 30 seconds rest</p> <p>4</p>
 <p>6 Rounds 30 seconds per station 21 minute session</p> <p>5</p>	<p>20 meters</p> <p>7 rounds 40 seconds work 20 seconds Rest</p> <p>Rest 2 minutes</p> <p>7 rounds 40 seconds work 20 seconds Rest</p> <p>6</p>

Training Session 1 Circuit Training  <p>1</p> <p>rounds seconds per station minute Session</p>	Training Session 2 Interval Training <p>2</p>
Training Session 3 Circuit Training  <p>3</p> <p>Rounds seconds per station minute session</p>	Training Session 4 Interval Training <p>4</p>
Training Session 5 Circuit Training  <p>5</p> <p>Rounds seconds per station minute session</p>	Training Session 6 Interval Training <p>6</p>

Example 3 week Personal exercise plan

