

# [Training programme essay](https://assignbuster.com/training-programme-essay/)

Laboratory Diary Assessment 3: Planing a Training Program

Overview of Undertaking

For this appraisal, you are required to convey together the cardinal constituents covered within all of the coaching scientific discipline Sessionss to plan a preparation programme for an single jock.

You have been asked to plan a 6-week preparation programme for a football player within the‘ in-season’period of the twelvemonth, taking into consideration the type, frequence, strength and timing of Sessionss.

There are two parts to the initial planning phase:

1. Using template 1 on the undermentioned sheet, design an overview of a 6-week program.
   1. This should include the type of session ( proficient, tactical, strength, velocity, power – aerobic, anaerobiotic etc. ) , the figure of Sessionss, the strength that they should be working at ( e. g. per centum of upper limits ) , and the timing of session, both continuance of session for the different constituents and the figure of recovery yearss.
   2. You should presume that they will hold one game per hebdomad on a Saturday.
   3. Note: The list of session types provided supra is non finite. You can take the types of session to include from your apprehension of the demands of the athletics – you do non necessitate to include all of the illustrations, but can include more if you feel they are relevant.
2. Using template 2 on the undermentioned sheet, you should now utilize the information from your 6-week program to assist you plan a elaborate hebdomadal program demoing the administration of Sessionss on a daily footing. You must finish the two, hebdomadal programs outlined below:
   1. Scenario 1: A one game hebdomad scheme ( one game played on Saturday )
   2. Scenario 2: A two game hebdomad scheme ( a game on a Tuesday and Saturday )

* See how your Sessionss fit together within the hebdomad, why you may set them in a specific order and what recovery you may factor in between Sessionss.

Once you have designed your programs, you must so supply written justification for the theories applied, supplying grounds from the literature to back up your logical thinking. Key countries that this may cover are:

1. ‘ Sequence ‘ or ‘ order ‘ of strength and aerophilic preparation, when they are performed on the same twenty-four hours. ( ‘ Strength’ refers to all gym based strengthandpower work )
2. Recovery clip between Sessionss, when two Sessionss are performed on the same twenty-four hours.
3. Frequency of opposition preparation, utilizing a one game or two game theoretical account.

Word count: 1500 words, nonincluding programs

Appraisal Standards

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| Training Plans:  Appropriateness of developing programs to the scenarios  Inclusion of cardinal standards outlined above ( type, frequence, strength, sequencing, recovery etc ) | 35 % |
| Justification:  Clear principle for the sequence, timing ( recovery ) and frequence of Sessionss defined within the programs.  Presentation of apprehension of the physiological rules associated with each factor. | 45 % |
| Literature:  Use of relevant literature to back up the justification for program design | 10 % |
| Key Skills: appropriate academic referencing, originality, academic composing including spelling and grammar | 10 % |

Template 1: 6-week Training Plan ( include ‘ recovery’ as a session type besides )

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| Session Type | WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 | WEEK 5 | WEEK 6 |
| e. g. Aerobic / endurance | Frequency:  Intensity:  Duration: | Frequency:  Intensity:  Duration: | Frequency:  Intensity:  Duration: | Frequency:  Intensity:  Duration: | Frequency:  Intensity:  Duration: | Frequency:  Intensity:  Duration: |
| Aerobic  Jogging,  Rowing Machine,  Cycling,  65-85 % of Max HR | Frequency: 2per hebdomad  Intensity: centrist  Duration: 30mins | Frequency: 2per hebdomad  Intensity: centrist  Duration: 30mins | Frequency: 3per hebdomad  Intensity: centrist  Duration: 30mins | Frequency: 2per hebdomad  Intensity: high  Duration: 20mins | Frequency: 2per hebdomad  Intensity: high  Duration: 25mins | Frequency: 2/3 per hebdomad  Intensity: high  Duration: 30mins |
| Anaerobic  Interval preparation ( egg-shaped machine, rowing – short explosions )  85 % of Max HR ( lower to 60-70 % in recovery period ) | Frequency: 2per hebdomad  Intensity: centrist  Duration: 30mins | Frequency: 2per hebdomad  Intensity: centrist  Duration: 30mins | Frequency: 3per hebdomad  Intensity: centrist  Duration: 30mins | Frequency: 2per hebdomad  Intensity: high  Duration: 20mins | Frequency: 2per hebdomad  Intensity: high  Duration: 25mins | Frequency: 2/3 per hebdomad  Intensity: high  Duration: 30mins |
| Strength  ( Half Squats,  Bench Imperativenesss,  Dead Lifts,  Lat Pull downs  ( 85 % -100 % of Max HR ) ( 3-5 mins rest between sets ) | Frequency: 2per hebdomad ( 48hours between )  Intensity: 85-100 %  Duration: 3-5sets | Frequency: 2per hebdomad ( 48hours between )  Intensity: 85-100 %  Duration: 3-5sets | Frequency: 2per hebdomad ( 48hours between )  Intensity: 85-100 %  Duration: 3-5sets | Frequency: 2per hebdomad ( 48hours between )  Intensity: 85-100 %  Duration: 3-5sets | Frequency: 2per hebdomad ( 48hours between )  Intensity: 85-100 %  Duration: 3-5sets | Frequency: 2per hebdomad ( 48hours between )  Intensity: 85-100 %  Duration: 3-5sets |
| Circuit Training  50-60 % of Max HR  3-5 circuits and 1-2 proceedingss rest between each circuit, | Frequency: 2per hebdomad  Intensity: 50-60 % of Max HR  Duration: 30mins | Frequency: 2per hebdomad  Intensity: 50-60 % of Max HR  Duration: 30mins | Frequency: 3per hebdomad  Intensity: 50-60 % of Max HR  Duration: 30mins | Frequency: 3per hebdomad  Intensity: 50-60 % of Max HR  Duration: 30mins | Frequency: 3per hebdomad  Intensity: 50-60 % of Max HR  Duration: 25mins | Frequency: 3/4 per hebdomad  Intensity: 50-60 % of Max HR  Duration: 25mins |
| Technical  3v3 Breakaway assailing drill ( 15-25mins Moderate/high strength | Frequency: 2per hebdomad  Intensity: 70-80 % of Max HR  Duration: 30mins | Frequency: 2per hebdomad  Intensity: 70-80 % of Max HR  Duration: 30mins | Frequency: 3per hebdomad  Intensity: 70-80 % of Max HR  Duration: 30mins | Frequency: 2per hebdomad  Intensity: 70-80 % of Max HR  Duration: 20mins | Frequency: 2per hebdomad  Intensity: 70-80 % of Max HR  Duration: 25mins | Frequency: 2/3 per hebdomad  Intensity: 70-80 % of Max HR  Duration: 30mins |

Template 2: Weekly Planning

Scenario 1

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| Day | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Match twenty-four hours |  |  |  |  |  | ( Match Day ) |  |
| Americium | Drawn-out Recovery, low strength ( proficient driblling session 10-20mins | High strength ownership drill. ( 1v1 Keep Ball 45 mins ) | Moderate strength ownership drill. ( 4 V 2 Keep off ) 15-25 mins | Rest. | Plyometrics ( 3×8 knee bend leaps, 3×8 skips for tallness, 3×8 hops for distance each leg 5 ten 40m dashs ) ( Low strength ) | Rest. | 20 infinitesimal rhythm 60 % maximal bosom rate. |
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| Rest. | Interval preparation ( Moderate strength 30mins ) | 11vs 11 tactical drama ( High strength, 45 mins | Rest. | 3v3 Breakaway assailing drill ( 15-25mins Moderate strength | Rest. | Rest. |  |
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|  | Lunch |  | | | | | |
| Autopsy |  | Rest. | Rest. | Rest. | Rest. | Light jog and stretches | Rest. |
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| Rest. | Gym, Power and strength session ( knee bends, deadlifts, bench-presses and pull-ins ) Moderate strength | Plyometrics hurdle leaps ( moderate strength 15-20 mins ) | Rest. | Rest. | Match( 3: 00 PM )  Recover ( ice baths ) | Rest. |  |
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Scenario 2

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| Day | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Match twenty-four hours |  | ( Match Day ) |  |  |  | ( Match Day ) |  |
| Americium | Moderate strength ownership drill. ( 4 V 2 Keep off ) 15-25 mins | Rest. | Gym, Power and strength session ( knee bends, deadlifts, bench-presses and pull-ins ) Moderate strength | 11vs 11 tactical drama ( High strength, 45 mins | 3v3 Breakaway assailing drill ( 15-25mins Moderate strength | Rest. | 20 infinitesimal rhythm 60 % maximal bosom rate. |
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| Low strength ( proficient driblling session 10-20mins | Rest. | remainder | remainder | moderate strength ownership drill. ( 1v1 Keep Ball 25 mins ) | Rest. | Rest. |  |
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|  | Lunch |  | | | | | |
| Autopsy | Rest. | Light jog and stretches. | remainder | Interval preparation ( Moderate strength 30mins ) | Rest. V | Light jog and stretches. | Remainder |
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| Rest. | Match( 8: 00 PM ) | Plyometrics hurdle leaps ( moderate strength 15-20 mins ) | remainder | Rest. | Match( 3: 00 PM )  Recover ( ice bath ) | Rest. |  |
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