

Training programme essay



**ASSIGN
BUSTER**

Laboratory Diary Assessment 3: Planning 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 Sessions 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, frequency, strength and timing of Sessions.

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 Sessions, 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 years.
 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.

0. Using template 2 on the undermentioned sheet, you should now utilize the information from your 6-week program to assist you plan an elaborate hebdomadal program demoing the administration of Sessions 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 Sessions fit together within the hebdomad, why you may set them in a specific order and what recovery you may factor in between Sessions.

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 Sessions, when two Sessions 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

Chromiumiteria

Burdenin
g

Training Plans:

Appropriateness of developing programs to the scenarios

35 %

Inclusion of cardinal standards outlined above (type, frequence, strength, sequencing, recovery etc)

Justification:

Clear principle for the sequence, timing (recovery) and frequence of Sessionss defined within the programs.

45 %

Presentation of apprehension of the physiological rules associated with each factor.

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)*

Session Type	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
<i>e. g.</i>	<i>Frequenc</i>	<i>Frequenc</i>	<i>Frequenc</i>	<i>Frequenc</i>	<i>Frequenc</i>	<i>Frequenc</i>
<i>Aerobic /</i>	<i>y:</i>	<i>y:</i>	<i>y:</i>	<i>y:</i>	<i>y:</i>	<i>y:</i>
<i>endurance</i>	<i>Intensity:</i>	<i>Intensity:</i>	<i>Intensity:</i>	<i>Intensity:</i>	<i>Intensity:</i>	<i>Intensity:</i>
	<i>Duration:</i>	<i>Duration:</i>	<i>Duration:</i>	<i>Duration:</i>	<i>Duration:</i>	<i>Duration:</i>
Aerobic	<i>Frequenc</i>	<i>Frequenc</i>	<i>Frequenc</i>	<i>Frequenc</i>	<i>Frequenc</i>	<i>Frequenc</i>
Jogging,	<i>y: 2per</i>	<i>y: 2per</i>	<i>y: 3per</i>	<i>y: 2per</i>	<i>y: 2per</i>	<i>y: 2/3 per</i>
Rowing	<i>hebdoma</i>	<i>hebdoma</i>	<i>hebdoma</i>	<i>hebdoma</i>	<i>hebdoma</i>	<i>hebdoma</i>
Machine,	<i>d</i>	<i>d</i>	<i>d</i>	<i>d</i>	<i>d</i>	<i>d</i>
Cycling,	<i>Intensity:</i>	<i>Intensity:</i>	<i>Intensity:</i>	<i>Intensity:</i>	<i>Intensity:</i>	<i>Intensity:</i>
65-85 % of	<i>centrist</i>	<i>centrist</i>	<i>centrist</i>	<i>high</i>	<i>high</i>	<i>high</i>
Max HR	<i>Duration:</i>	<i>Duration:</i>	<i>Duration:</i>	<i>Duration:</i>	<i>Duration:</i>	<i>Duration:</i>
	<i>30mins</i>	<i>30mins</i>	<i>30mins</i>	<i>20mins</i>	<i>25mins</i>	<i>30mins</i>
Anaerobic	<i>Frequenc</i>	<i>Frequenc</i>	<i>Frequenc</i>	<i>Frequenc</i>	<i>Frequenc</i>	<i>Frequenc</i>
Interval	<i>y: 2per</i>	<i>y: 2per</i>	<i>y: 3per</i>	<i>y: 2per</i>	<i>y: 2per</i>	<i>y: 2/3 per</i>
preparation	<i>hebdoma</i>	<i>hebdoma</i>	<i>hebdoma</i>	<i>hebdoma</i>	<i>hebdoma</i>	<i>hebdoma</i>
(egg-shaped	<i>d</i>	<i>d</i>	<i>d</i>	<i>d</i>	<i>d</i>	<i>d</i>
machine,	<i>Intensity:</i>	<i>Intensity:</i>	<i>Intensity:</i>	<i>Intensity:</i>	<i>Intensity:</i>	<i>Intensity:</i>
rowing -	<i>centrist</i>	<i>centrist</i>	<i>centrist</i>	<i>high</i>	<i>high</i>	<i>high</i>
short	<i>Duration:</i>	<i>Duration:</i>	<i>Duration:</i>	<i>Duration:</i>	<i>Duration:</i>	<i>Duration:</i>
explosions)	<i>30mins</i>	<i>30mins</i>	<i>30mins</i>	<i>20mins</i>	<i>25mins</i>	<i>30mins</i>

85 % of Max

HR (lower to

60-70 % in

recovery

period)

Strength

(Half Squats,

Bench

Imperativene

sss,

Dead Lifts,

Lat Pull

downs

(85 % -100

% of Max

HR) (3-5

mins rest

between sets

)

Circuit

Training

50-60 % of

Max HR

<i>Frequenc</i>	<i>Frequenc</i>	<i>Frequenc</i>	<i>Frequenc</i>	<i>Frequenc</i>	<i>Frequenc</i>
<i>y: 2per</i>	<i>y: 2per</i>	<i>y: 2per</i>	<i>y: 2per</i>	<i>y: 2per</i>	<i>Frequenc</i>
<i>hebdoma</i>	<i>hebdoma</i>	<i>hebdoma</i>	<i>hebdoma</i>	<i>hebdoma</i>	<i>y: 2per</i>
<i>d</i>	<i>d</i>	<i>d</i>	<i>d</i>	<i>d</i>	<i>hebdoma</i>
<i>(48hours</i>	<i>(48hours</i>	<i>(48hours</i>	<i>(48hours</i>	<i>(48hours</i>	<i>d</i>
<i>between</i>	<i>between</i>	<i>between</i>	<i>between</i>	<i>between</i>	<i>(48hours</i>
<i>)</i>	<i>)</i>	<i>)</i>	<i>)</i>	<i>)</i>	<i>between)</i>
<i>Intensity:</i>	<i>Intensity:</i>	<i>Intensity:</i>	<i>Intensity:</i>	<i>Intensity:</i>	<i>Intensity:</i>
<i>85-100 %</i>	<i>85-100 %</i>	<i>85-100 %</i>	<i>85-100 %</i>	<i>85-100 %</i>	<i>85-100 %</i>
<i>Duration:</i>	<i>Duration:</i>	<i>Duration:</i>	<i>Duration:</i>	<i>Duration:</i>	<i>Duration:</i>
<i>3-5sets</i>	<i>3-5sets</i>	<i>3-5sets</i>	<i>3-5sets</i>	<i>3-5sets</i>	<i>3-5sets</i>

<i>Frequenc</i>	<i>Frequenc</i>	<i>Frequenc</i>	<i>Frequenc</i>	<i>Frequenc</i>	<i>Frequenc</i>
<i>y: 2per</i>	<i>y: 2per</i>	<i>y: 3per</i>	<i>y: 3per</i>	<i>y: 3per</i>	<i>y: 3/4 per</i>
<i>hebdoma</i>	<i>hebdoma</i>	<i>hebdoma</i>	<i>hebdoma</i>	<i>hebdoma</i>	<i>hebdoma</i>

	<i>d</i>	<i>d</i>	<i>d</i>	<i>d</i>	<i>d</i>	<i>d</i>
3-5 circuits and 1-2 proceedings of rest between each circuit,	<i>Intensity: 50-60 % of Max HR</i>	<i>Intensity: 50-60 % of Max HR</i>	<i>Intensity: 50-60 % of Max HR</i>	<i>Intensity: 50-60 % of Max HR</i>	<i>Intensity: 50-60 % of Max HR</i>	<i>Intensity: 50-60 % of Max HR</i>
	<i>Duration: 30mins</i>	<i>Duration: 30mins</i>	<i>Duration: 30mins</i>	<i>Duration: 30mins</i>	<i>Duration: 25mins</i>	<i>Duration: 25mins</i>
Technical 3v3 Breakaway assailing drill (15-25mins Moderate/high strength	<i>Frequency: 2per hebdoma</i>	<i>Frequency: 2per hebdoma</i>	<i>Frequency: 3per hebdoma</i>	<i>Frequency: 2per hebdoma</i>	<i>Frequency: 2per hebdoma</i>	<i>Frequency: 2/3 per hebdoma</i>
	<i>Intensity: 70-80 % of Max HR</i>	<i>Intensity: 70-80 % of Max HR</i>	<i>Intensity: 70-80 % of Max HR</i>	<i>Intensity: 70-80 % of Max HR</i>	<i>Intensity: 70-80 % of Max HR</i>	<i>Intensity: 70-80 % of Max HR</i>
	<i>Duration: 30mins</i>	<i>Duration: 30mins</i>	<i>Duration: 30mins</i>	<i>Duration: 20mins</i>	<i>Duration: 25mins</i>	<i>Duration: 30mins</i>

Template 2: Weekly Planning

Scenario 1

<i>Day</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<i>Match</i>						<i>(Match</i>	

twenty-
four
hours

h Day)

					Plyometri	
					cs (3x8	
					knee	
					bend	
	Drawn-				leaps,	
	out		Moderat		3x8	20
	Recover	High	e		skips for	infinitesi
	y, low	strength	strength		tallness,	mal
	strength	ownershi	ownershi		3x8	rhythm
Americiu	(proficie	p drill.	p drill.	Rest.	Rest.	60 %
m	nt	(1v1	(4 V 2		hops for	maximal
	driblling	Keep Ball	Keep		distance	bosom
	session	45 mins)	off) 15-		each leg	rate.
	10-		25 mins		5 ten	
	20mins				40m	
					dashes)	
					(Low	
					strength	
)	
Rest.	Interval	11vs 11	Rest.	3v3	Rest.	Rest.
	preparati	tactical		Breakaw		

ay
 on assailing
 drama
 (Modera drill (15-
 (High 25mins
 te strength, Moderat
 strength 45 mins
 30mins) e
 strength

Lunch

Autopsy Rest. Rest. Rest. Rest. Light jog and Rest. stretch es

Rest. Gym, Plyometri Rest. Rest. Match(3: Rest.
 Power cs hurdle 00 PM)
 and leaps Recover (ice baths
 strength (modera
 session (te)
 knee strength

bends,
 deadlifts,
 bench-
 presses
 and pull-
 ins)
 15-20
 mins)
 Moderat
 e
 strength

Scenario 2

<i>Day</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesd ay</i>	<i>Thursda y</i>	<i>Friday</i>	<i>Saturd ay</i>	<i>Sunday</i>
<i>Match</i>							
<i>twenty- four hours</i>		<i>(Match Day)</i>				<i>(Matc h Day)</i>	

		Gym,			
		Power			
		and			
	Moderate	strength	3v3		20
	session	11vs 11	Breakaway		infinitesimal
	strength	(knee	tactical	ay	al rhythm
Americium	ownership	bends,	drama	assailing	Rest. 60 %
m	ip drill. (Rest.	deadlifts, (High	drill (15-		maximal
	4 V 2	bench-	strength, 25mins		bosom
	Keep off	presses	45 mins	Moderate	rate.
) 15-25	and pull-		strength	
	mins	ins)			
		Moderate			
		strength			

Low			moderate		
strength			e		
(proficien			strength		
nt		remainde	ownershi		
dribbling	Rest.	r	p drill.	Rest.	Rest.
session		r	(1v1		
10-			Keep Ball		
20mins			25		
			mins)		

Lunch

			Interval	
			preparati	
		Light jog	on	Light
Autopsy	Rest.	and remainde	(Modera Rest. V	jog and Remainde
		stretches r	te	stretch r
		.	strength	es.
			30mins)	

		Plyometri		
		cs hurdle		
		leaps		Match(3:
	Match(8	(modera remainde		00 PM)
Rest.	: 00	te r	Rest.	Recover Rest.
	PM)	strength		(ice bath
		15-20)
		mins)		

1