**Spring 1 Meaningful Homework WAGOLL**

**Task:** You have recently joined the local gym and would like to make sure that you are focusing on improving your weakest components of fitness. Use your knowledge of the methods of training to create a training programme which you can use in the gym to improve your weakest area. This programme should be varied to avoid boredom, realistic in terms of meeting your needs where exercises are not too easy or difficult and also progressive so that over time the body is put through overload and adaptation. Think about the principles of training and FITT in your programme design

**Success criteria:**

I have created a training programme which is focused on improving one of my weakest areas for my fitness test results

I have ensured that my activities are suited to developing my chosen component of fitness and that they are varied to avoid boredom but also realistic

I have also created a training programme which is progressive to ensure that my body is put through overload and adaptation

**Guidance:**

Use your fitness test results to identify your areas for improvement

Use your lesson notes on the principles of training to help you to create a progressive training programme

Use the internet to research different activities for your training programme

**My Programme Planning**

In my training programme I have chosen to improve my muscular strength.

To improve my muscular strength I have chosen to use the method of training of free weight training. This type of training will help to improve my muscular strength because weights apply a resistance against the muscles which means when put under pressure the muscles will tear, called micro tears, and then they will repair so that they grow back bigger and stronger. This increases muscle size, strength and tone. To improve muscular strength, I will lift heavy weights at 90% of my 1 Rep Max but perform low repetitions of each exercise as this is necessary for improving strength.

I have varied the exercises that I will complete so that I can target different muscle groups. Also, towards the end of my programme I swapped some of the exercises for different ones so that my training sessions do not become too repetitive and boring. By making sure my sessions are varied I will be more likely to stick to my programme.

I have applied the FITT principle when planning my training programme to make sure that my training gradually becomes more challenging (frequency, intensity, time and type). This is important because as I improve this component of fitness, my training will become easier, and if I do not make the programme harder it will reduce the amount of progress I make. I have achieved progressive overload by increasing the frequency, intensity and time of my training sessions, whilst also making sure that I use the correct type of exercises and training.

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Week 1** | Rest | Free Weight Training (35Min)  X3 Sets 90%1RM  1)Flat Barbell Bench Press  2)Dumbbell Shoulder Press  3)Barbell Bent Over Rows  4)Dumbbell Lateral Raises | Rest | Free Weight Training (35Min)  X3 Sets 90%1RM  1)Goblet Squat  2)Dumbbell Lunge  3)Dumbbell Bulgarian Split Squat  4)Dumbbell Calf Raise | Rest | 90 Minute  Football Match | Rest |
| **Week 2** | Rest | Free Weight Training (35Min)  X3 Sets 90%1RM  1)Flat Barbell Bench Press  2)Dumbbell Shoulder Press  3)Barbell Bent Over Rows  4)Dumbbell Lateral Raises | Rest | Free Weight Training (35Min)  X3 Sets 90%1RM  1)Goblet Squat  2)Dumbbell Lunge  3)Dumbbell Bulgarian Split Squat  4)Dumbbell Calf Raise | Rest | 90 Minute  Football Match | Rest |
| **Week 3** | Rest | Free Weight Training (40Min)  X4 Sets 90%1RM  1)Flat Barbell Bench Press  2)Dumbbell Shoulder Press  3)Barbell Bent Over Rows  4)Dumbbell Lateral Raises | Rest | Free Weight Training (40Min)  X4 Sets 90%1RM  1)Goblet Squat  2)Dumbbell Lunge  3)Dumbbell Bulgarian Split Squat  4)Dumbbell Calf Raise | Rest | 90 Minute  Football Match | Free Weight Training  (40Min)  X4 Sets  90%1RM  1)Flat Barbell Bench Press  2)Dumbbell Shoulder Press  3)Barbell Bent Over Rows  4)Dumbbell Lateral Raises |
| **Week 4** | Rest | Free Weight Training (40Min)  X4 Sets 90%1RM  1)Flat Barbell Bench Press  2)Dumbbell Shoulder Press  3)Barbell Bent Over Rows  4)Dumbbell Lateral Raises | Rest | Free Weight Training (40Min)  X4 Sets 90%1RM  1)Goblet Squat  2)Dumbbell Lunge  3)Dumbbell Bulgarian Split Squat  4)Dumbbell Calf Raise | Rest | 90 Minute  Football Match | Free Weight Training  (40Min)  X4 Sets 90%1RM  1)Flat Barbell Bench Press  2)Dumbbell Shoulder Press  3)Barbell Bent Over Rows  4)Dumbbell Lateral Raises |