

Name: Tom Smith

Learning Aim D – Review a personal fitness training programme

What were the aims of your training plan?

The aim of my training programme was to develop my smash shot in badminton as it was rated a low score in my performance analysis, and I noticed I was not getting many points from my smash shot.

Do you think you met the aims of your training plan? How and why?

I think that I met the aims of my training programme because when playing in a badminton game after I completed the training programme, I noticed that my smash shot was more powerful, and I was able to score more points from it. I also asked the same person who analysed my performance before to watch me perform and they said it had improved. The reason why I think I improved was because I focused on my upper body muscles in my training programme which helped the overall power in my shots.

What were the objectives of your training plan?

My objective was to improve the strength in my upper body and arm muscles by using weight training and circuit training.

Do you think you met the objectives of your training plan? How and why?

I think that I achieved my objectives as I planned my training programme based on using a lot of weight machines in the facility that I had available to me. I also made sure that I was focusing on lifting heavier weights, with low reps and higher sets so that I was using maximum force for a short time. I also used the machines which focused on my biceps, triceps and pectorals as well as completing press ups in circuit training.

How was your training programme modified throughout?

During my training programme, I had to modify and change a few things as I went through it. This was because I either found some of the activities too difficult/easy or I was getting bored of some of the activities. For example, I realised the weight I was lifting in week 1 was very low so modified this to make sure it made me work hard. I also changed some of the activities I was doing, I noticed that I was using the same machines a lot, so I was getting bored. Therefore, I did some more activities including press ups which still focused on my upper body/arm muscles but made it more exciting to do.

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<p><u>What were the overall strengths of your training programme?</u></p> <p>1. My first main strength in my training programme was I that I used the correct methods of training for what I wanted to focus on. By using a lot of weight training and having a focus on my upper body and arm muscles really developed the strength I had in those muscles. I noticed that the muscles were getting bigger which gave me confidence that I was getting better.</p> <p>2. Another strength was that I was able to show progressive overload throughout my programme. I noticed that in week 2 that I was able to lift the weight that I planned to do so increased the weight I was lifting each week to ensure I was making it more difficult for my body which helped me to improve.</p> <p>3. My final strength was that I maintained a good level of motivation throughout my programme. I managed to maintain this by listening to music that kept me going throughout my sessions as well as stopping me from getting distracted. The other way I felt kept me motivated and helped me improve was working with and against another person. This helped because they motivated me to go with them to the sessions and also it made me try to beat their scores within the session, so I had some competition.</p>	<p><u>Which physiological responses did you experience most?</u></p>
<p><u>What improvements would you make to your training plan?</u></p>	<p><u>Why would you make these improvements?</u></p>
<p>1. I did not have a lot of variation in my training programme so would change this next time.</p>	<p>1. I would change this next time because it would make the training programme less repetitive and would help me to improve other areas of my overall fitness rather than just my strength.</p>
<p>2. My warm up and cool down.</p>	<p>2. I felt that my warm-up did not really prepare me very well for my sessions. This meant that I could not push myself as much as I could during some sessions because my muscles were not prepared for exercise. Also, after some sessions my muscles were quite stiff, and I was aching the day</p>

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	after which had an impact on future sessions. If these were to improve next time, then I would be able to push myself more in my sessions and ache less after the sessions and have less chance of injuries.
3. Activities that I was doing in my sessions.	3. Some of the activities that I set myself to do were probably too easy for me to do with my current level of strength. Therefore, during the first two weeks, this meant that I did not make as much progress as I could have done. Now that I am aware of my capabilities, next time, I would make sure that the activities I was doing in the early weeks of training would be more difficult so that I could progress even further in my training programme and ultimately develop better strength.
Suggest activities that you might do next time in order to improve your training programme and explain why they would improve it (MERIT).	
1. Next time I do my training programme, I would look to use a wider variety of exercises and methods of training rather than the ones I used. For example, I would use other methods such as fartlek training and interval as well as completing more circuit training session. Using fartlek and interval training will help me to develop other areas of my overall fitness which might contribute to improving my strength. Using these methods of training will also maintain variety so that I am not constantly using weight training and getting bored. I would do activities such as running up and down hills, short sprints, and running around an area (i.e. track or football pitch) and then maybe include press ups within the training. For example, I could do short sprints, 10 press ups, then another sprint and repeat this. This will make me have more variety as well as focusing on my aim, which was to develop my strength.	
2. With my warmup and cool down, I will look to focus more on stretching the main muscles that I am going to use each session. For example, holding the stretches on my upper body and arm muscles before each session will benefit me because then the muscles will be more prepared for exercise and will mean I am more likely to push myself harder to get better results. Having a better warm up will also help as it will reduce the risk of injuring the muscles and causing reversibility. I would then look to do the same in my cool down and focus on stretching the same muscles for longer and reducing my heart rate. Again, this will help because I will feel less stiff after training and before my next session, which means I can work hard and push myself next time I train.	
3. I will change some of the activities I was doing to make them more difficult. Next time I would start with heavier weights and more repetitions. This means that my starting point in my training would be of a higher level and mean that I can then progress even further and lift more weights by the end of my training, which means that I will improve my strength even more. For example, in week 1 on the bench press, I planned to lift 5 repetitions of 50kg, but realised that this was very light for me, so it limited my progress. Therefore, next time I will look to lift 6 repetitions of 60kg which will then enable me to have heavier weights by the end of the programme.	