

Personal Exercise Programme (PEP) – 10%

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Introduction:

Brief information about yourself – sport you play, position (if applicable), what are the key components of fitness in your sport?
I play Goal Defence in Netball. To be successful, I need power to be able to jump high and intercept the ball, muscular endurance, so that I can continuously jump and use my muscle without fatiguing, and cardiovascular fitness so that I can perform at a high intensity throughout my match without fatigue.

Performance Data: (shown in a graph and table)

Gather information about yourself in relation to performance; [PEP Performance Data Examples \(pearson.com\)](#)

What does this data show? Where are your strengths and weaknesses in your performance?

Fitness Test Data: (shown in a graph and table)

Gather information about yourself in relation to a range of components of fitness.

[Topend Sports | The Sports Fitness, Nutrition and Science Resource](#)
[BrianMac Sports Coach](#)

Use the websites to ensure you compare yourself to ‘normative data’
 What is your weakness? ***This will be the main focus of your PEP.***

SMART Target:

Now that you’ve done your fitness tests and performance data you can now create an overall aim of the PEP. Then you can create your SMART targets which should be measurable and link to both performance and fitness:

E.g., AIM: To improve the consistency of my interceptions in netball, by improving leg power.
SMART TARGET: 1. To improve my vertical jump score from 50cm to 55cm. 2. To improve my successful interceptions from 40% to 60% over the 6-week period.

Principles of Training:

Explain how the Principles of training will be applied, especially with regards to intensities of training and how progressive overload will be used to initially, and throughout the training.

E.g., I will ensure that I use the principle of rest and recovery so that I do not overtrain and risk injury which could lead to reversibility.

Session Plans:

You should record each of your sessions / training plans. These should include: Equipment, warm-up, main session, focus, cool-down. You may also want to include working heart rate and recovery heart rate. Ensure that you include reps and sets.

Method of training:

What training method have you chosen and why? What are the advantages and disadvantages? How does this link to your weakness and sport (example below is not complete – just an ‘idea’ of how to start).

E.g., For my PEP my chosen method of training is resistance training. Resistance training refers to any form of exercise where you lift or pull against resistance. One advantage of me using this method of training is my strength will increase making me more affective in the scrum. However, one disadvantage of this method of training is that Lifting weights that are too heavy can cause muscle and joint damage.

Training Programme

WEEK 1			
Duration- 45 Minutes			
Exercise	Volume	Load	Rest
Run On Treadmill	5 mins warm up	Speed 5	30 secs
Bench Press	3 x 10	60 kg	1 min
Triceps Extension	3 x 10	20 kg	1 min
Bicep Curls	3 x 10	15 kg	1 min
Run On Treadmill	5 mins cool down	Speed 5	N/A

Fitness and Performance Data analysis:

What does your data now show? Re-test and compare – has there been any improvements? Why has this happened? What has happened to your performance as a result? Evaluate the possible physiological adaptations that may have occurred because of training that has had a positive influence on your performance.

Evaluation of the PEP:

SMART: did you meet the targets for both performance and their training aim (give explanations).

Was the **method of training** appropriate to the PEP? Justify.

Were the **principles of training** applied appropriately and were the intensities of training in line with achieving the aim?

Could you have done anything different in **the planning phase** or during the PEP?

Recommendations for the future: this could include a review of the above content and how you could improve fitness and/or performance by adjusting your training (full explanation required that is linked to performance).