

Personal Exercise Programme

I am doing a personal exercise programme in order to help improve my cardio vascular fitness and performance in football matches. Cardio vascular fitness is the ability to perform a certain activity at a desired performance level while the heart and lungs are working. Improving my cardio vascular fitness will also help me to maximise my performance levels towards the end of a football match after fatigue has set in, which is what I am aiming to do.

I will use a 6-week training programme to improve my cardio vascular fitness. The programme will consist of different aspects of training which help improve my cardio vascular fitness levels. This programme will help me to improve in my sport (football), as I will be able to perform to the best of my ability all the way throughout the game even when fatigue has set in and I start to get tired. I am hoping that I will now be able to do as much running at the end of the game than I could at the start of the game, after taking part in the personal exercise programme.

My exercise programme will consist of interval and circuit training and I will use the progression principle of training. I will use interval training because it is the best suited training session for footballers and this should help to maximise my performance levels during a match. I will also take part in circuit training which is designed to improve cardio vascular fitness and muscular endurance, this will help me to last the whole match without my cardio vascular fitness and muscle endurance levels dropping highly towards the end of the game. If I want my training to be successful I will need to use progression training and that is what I plan to do. Progression training is used in exercise programmes that are set over a certain amount of time, like my 6-week personal exercise programme, so this will help me to improve my cardio vascular fitness levels every week until the programme is ended.

I have taken part in a 12-minute cooper run test and a multi stage fitness test in order to find my levels of fitness before and after the sessions. The 12-minute cooper run is set up so that I try to run as many laps of a 200m circuit in 12 minutes. The multi stage fitness test is set up so that I have to try and run as many times as possible up and down my gym, making sure that I keep up with the beep that gets faster on each lap. I took my resting heart rate before the tests and then took it after the tests every minute until it returned to its resting heart rate. I found the multi stage fitness test the harder of the two tests as you have to use pace, muscular endurance

and cardio vascular fitness more than you do in the 12 minute run in order to gain a high score.

The graph of my 12 minute cooper run test shows that my resting heart rate was 84 and it took 6 minutes after the test for my heart rate to return to its resting heart rate. My heart rate went from 84 bpm to 156 bpm to 138 bpm to 127 bpm to 110 bpm to 92 bpm and then back to its resting heart rate at 84 bpm.

The graph of my multi stage fitness test shows that my resting heart rate was 86 bpm and it took 7 minutes after the test for it to return to its resting heart rate. My heart rate went from 86 bpm to 162 bpm to 149 bpm to 136 bpm to 120 bpm to 103 bpm to 87 bpm then back to its resting heart rate at 86 bpm.

A training session includes a warm up, the main event and then a cool down. The warm up should consist of static exercises held for about 10 - 15 seconds and cover a full range for the activity, usually starting at the body and working downwards, finishing just before the main activity. The main activity could be a physical training session like running, cycling or swimming or it might be a skills session to improve performance in football, netball or table tennis. It could even be a training session followed by the main activity. The cool down is a very important part of the exercise session, although it is often neglected. It should follow a similar pattern to the warm up, gradually returning the pulse rate to normal and allowing the muscles to be stretched to prevent stiffness and soreness by getting rid of lactic acid. Stretches in the cool down should last longer than in the warm up, about 30 -35 seconds. For my warm up I started with a few slow runs across the width of the football pitch, I then increased the pace slightly and also used a ball to dribble while running. I stretched my calves and hamstrings, continued running and stretching every 2 laps, I did this for 20 minutes. I then went into a small passing circle with teammates and passed the ball round while jogging on the spot for 10 minutes. After that I went back to running and increased the pace on each lap so that I was eventually sprinting. I ended the warm up with some passing, shooting, ball skills and a further 5 minutes of jogging and stretching. The main event was the football match where I ran continuously throughout the match as much as I possibly could. To warm down started again with slow jogs across the

pitch and stretched my muscles to get rid of lactic acid, I did this process for 15 minutes and then ended the cool down with some ball skills and a further 5 minutes of jogging.

The results at the end of my 6-week personal exercise programme show a large improvement in the levels of cardio vascular fitness. In my first cooper 12 minute run it took my heart rate 6 minutes to return to its resting heart rate while in my final cooper 12 minute run it only took my heart rate 4 minutes to return to its resting heart rate. In my first multi stage fitness test it took my heart rate 7 minutes to return to its resting heart rate where as in my final multi stage fitness test it took my heart rate just 3 minutes to return to its resting heart rate. These results show a clear improvement in my levels of cardio vascular fitness from the start of the programme to the end of the programme. I am pleased with my overall performance during the personal exercise programme and hope that it will continue to help me in my sport.