

Personal Exercise Plan

Personal Exercise Plan is when you are given your self a specific aspect of health to improve on, in a certain amount of weeks. You will gather results of each activity you do and at the end you will be able to see if you have improved the aspect that you have chosen. My Personal Exercise Plan will last for six weeks at the end of each week I will put in my results, then at the end of the six weeks I will be able to notice if my aspects of fitness have improved.

Name : Adam Huxtable

Age : 16

Date of Birth : 28/11/1987

Height : 5ft 6in

Weight : 8 st 3 lb

Preferred Sport : Football

Position Played : Left Back

Components of Fitness

- Cardiovascular Endurance - is about keeping your muscles supplied with oxygen. If your heart and lungs can provide a lot of oxygen, your cardiovascular system is good.
- Muscular Endurance - is good if your muscles can apply a lot of force to something. This means you can push, pull, lift, throw etc. Very hard or very quickly.
- Flexibility - is the ability to use muscles through their full range of movement to move joints with ease. If your flexible your less likely to injure yourself.
- Reaction Time - is the time it takes you to respond to something. It could be a starter's gun, or a pass in football.
- Speed - is the ability to perform a movement or cover a distance in a short period of time, body parts or whole body movement.
- Co-ordination - Is the ability to use different senses and parts of the body together.

- **Power** - is the ability to release maximum force very quickly, it is a combination of strength and speed.
- **Strength** - Is normally measured by the amount of weight the muscles can lift, or applying a force against a resistance. There are four types of strength:
 - Static - You use static strength to exert force on an immovable object.
 - Explosive - You use explosive strength to exert force in one very short, but very fast movement
 - Dynamic - You use dynamic strength to apply force repeatedly over a long time.
- **Agility** - Is the ability to change you're direction of the body quickly.
- **Balance** - Is the ability to keep upright while you are standing still or moving.

The most important aspects of fitness for a footballer to have:

- **Speed** - this is important to a footballer because it will able them to get to the ball quicker and make it easier to take the ball past players.
- **Power** - is a very important aspect for footballers to have, having power will help you get past players with out getting knocked over with speed.
- **Agility** - this will help make a player performance much better this is because having agility it allows you to turn away from players and change direction.
- **Muscular Endurance** - this is vital for a football player to have because having good muscular endurance will able them to exert a lot of force for a long period of time.

Why I want to do a Personal Exercise Plan?

I want to do a Personal Exercise Plan to improve the aspects I have chosen to improve my overall performance while playing football or any other sports.

Principles of training

Overload

This is the type of word that puts a lot of people off fitness training. It implies straining muscles, blood vessels popping out, and pain. When actually, overload just means doing a little more work over time, as you get stronger. Running two miles every three days is fine to maintain a level of healthy fitness. If you were a competitive runner, however, you would need to add more distance as you trained, or decrease the speed of your set distance as you progress. To build more muscles in the arms, you would have to keep increasing the amount of or the number of repetitions to progress.

Progression

This is closely related to overload. It simply means increasing the overload over a period of time-not all at once. It would be ridiculous to expect a person who has not been doing any exercise to run 10 miles on their first day. However, it is generally accepted that if a person starts out running a mile each day, they can progress by increasing the distance or decreasing their time. Progression seems to happen naturally as your exercises feel easier over time - you will probably seek out more of a challenge by increasing the intensity, duration and frequency of the exercises. If you don't do this, you will probably get bored very quickly.

Specificity

A runner does not train the same way as a shot putter. If you are training for a particular position in a particular sport, you need to consider what muscles and types of fitness are emphasised in your activity. If you aren't training for a particular sport, then you need to consider your height, weight, gender, body shape, and goals before you choose a training program. If you are training to lose weight, you should emphasise more cardiovascular activities with some moderate strength training. If you want to "pump up" your muscles, then you will probably spend most of your session lifting weights. All Personal Exercise Plan should include a mixture of cardiovascular and strength training, plus stretching for flexibility.

Reversibility

Any athlete training after time off caused by injury knows that (s)he cannot pick up exactly where (s)he left off. Unfortunately, the body seems to lose muscle much more quickly than it is gained. A general proportion is 3:1; missing one week's training requires three weeks to get back to the same level. If you are unable to train for a length of time,

begin with regaining your cardiovascular level. This will help your body fuel the muscles where you need to rebuild strength.

FITT Principle

-Frequency

How often you do the exercise (be it an individual set or the whole session)

-Intensity

The difficulty of the exercise: it could be the amount of weight, or the speed you move.

-Time

The duration of the exercise: for fitness, this should be at least 20 minutes a day.

-Type

What kind of exercise: vary what you do to keep it interesting, and to work all the different muscles

Carbohydrates

This food type is the most important for an athlete. Carbohydrates contain the fuels that provide us with energy to sustain our performance. Glucose in the form of glycogen is broken down from carbohydrates to provide energy. We get carbohydrates from:

- Bread and grains
- Beans and legumes
- Rice and pasta
- Vegetables
- Fruit

The night before long events like a Marathon, athletes have "pasta parties" to fill up on carbohydrates so that their energy levels are maintained throughout the long, gruelling race. This is called carbohydrate loading. This is because carbohydrate energy is released slowly through the body, unlike simple sugars which give a quick burst of energy followed by a slump.

Proteins

Foods high in protein are necessary to enable us to grow and repair muscle. Anyone who trains with weights or competes in strength events would need a high daily intake of proteins. This is why you might hear of body-builders eating a dozen raw eggs everyday! But don't try that at

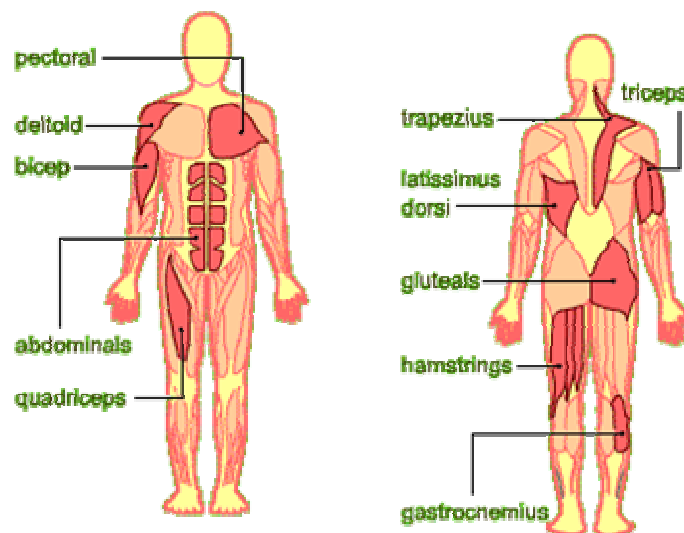
home - the high cholesterol in eggs can be very damaging to your heart and blood vessels!

Proteins are found in:

- Meat and fish
- Beans and legumes
- Nuts and Soya products
- Dairy products and eggs

Vegetarians often find it difficult to get enough protein in their diets. Any athlete who is a vegetarian needs to consult a trusted source like their doctor or the Vegetarian Society for advice on eating a balanced meat-free diet!

Muscles in the Human Body



Recovery Rate

<u>When Pulse Was Timed</u>	<u>How Many Beats per Minute</u>
First thing in the morning	68
Up and Down the stairs	91
After Playing Football 1	141
After Playing Football 2	106
After Playing Football 3	74

Activities for improving my stamina

Station 1

The first thing I will be doing is a **Rowing Machine**. I will see if my stamina will improve by timing how long I can last for.



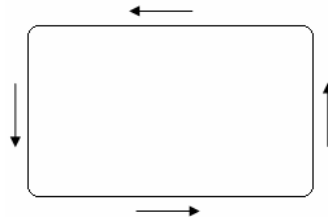
Station 2

The second activity I will do is to see how long I can last on the **Bike Machine** before I have to stop.



Station 3

I will then do a **6 Minute Run** around my school gym during this time I will see how many laps I can do.



Station 4

The fourth station will be doing is seeing how many **Squats** I can do in a minute.



Station 5

On the fifth and final station I will be seeing how many **Leg Curls** I can do in one minute.



Evaluation

While doing my Personal Exercise Plan I feel I have completed my goals. My goals at the beginning of my Personal Fitness Plan were to at the end of the six week see an improvement from the first week. As you can see by my table my cardiovascular system seems to have improved.

There were many good and bad points while doing my Personal Fitness Plan. My favourite bit was on the last week seeing that my Cardiovascular system has improved from the first week. The bad parts were during the exercises I had done, but all was worth it in the end.

Whilst doing my Personal Exercise Plan I changed two of my station. I did this because I felt that **Push Ups** and **Sit Ups** were not improving my chosen aspect of fitness (stamina). So I change the **Press Ups** to **Squats** and **Sit Ups** to **Leg Curls**.

There aren't many improvements I could make to my personal fitness plan, accept if I could do it again I would try and do more activities. Also I would like to have seen my results if I had a longer period of time to see if my improvements could get better and better.

I have learnt many things throughout the six weeks of doing my exercise plan. I have learnt that the more effort you put into working out the better your results will improve, but if you are feeling ill or injured one week your results will not be as high as previous weeks.

On the fourth week of doing my personal exercise plan my results were not as high as previous weeks, this is because I picked up an injury whilst playing which made my performance while not as good during my personal exercise plan.