

Training Log	Method of training: Resistance training
<p><i>Explain how and why the method of training is applied in your training programme.</i> I've used this method because for rugby league you need muscular strength, and resistance training focuses on gaining strength. I need to increase my strength especially for my tackles. This was done for upper body strength which is needed for breaking tackles and for tackling other players. I did bench press with heavy weights which is good for building up muscle, I also did squats for my legs which also helped with building up muscle.</p>	
<p><i>Explain how and why physiological responses are applied to training.</i> The bodies response to this is when doing resistance training you are building muscles, when doing resistance training you overload, your muscles tears then rebuilds making your muscles bigger and stronger.</p>	
<p><i>Explain how your chosen biophysical principles _____ and _____ are interrelated.</i> Resistance training is specific for playing rugby league, but doing too much weights can cause muscle damage like tearing and pulling.</p>	

2

<p><i>Task 3: Evaluating the application of biophysical principles.</i> <i>Evaluate the application of three methods of training you have used in your training programme (continuous, fartlek, circuit, interval (short and long), flexibility, resistance and plyometrics).</i></p> <p>Method of Training: During my training I will be doing resistance training on Wednesday and Friday. When I did these trainings I did on</p> <ul style="list-style-type: none"> - Wednesday – seated row, back extensions, barbell curls, triceps extension, this focussed on triceps, biceps and back, these are upper body workouts which is needed by any player in a rugby league match. I did 3 set and 10 reps and 80-85% of my RM - Friday- Strength training focussing on shoulders and chest. For the chest, I did flat bench, incline press and flyes. For shoulders, I did military press and upright rows. These also concentrated on strength. I did 3 sets and 10 reps at 80-85% of my RM. I did 70kgs on the bench and incline press with pyramid sets - First set of 70kgs for 10 reps, second set of 72.5kgs for 8 reps and 75kgs for 6 reps. I used 16kgs dumbells for flyes with the same pyramid setting. For shoulders I did 25kgs military press for 10reps then 27.5kgs for 8 reps then 30kgs for 5-6 reps. Upright row were the same weight and reps. The benefit of this type of training is that it creates an intense routine and overloads the muscles so strength is gained and muscle is gained through the tearing of myofilaments.

1

Evaluate the application of four principles of training you have used in your training programme (frequency, intensity, time, type, specificity, progression, reversibility, rest and variety).

Principle of training 1: Specificity

How did you apply it to your training programme?

In my training I used specificity by looking at what was needed for a rugby league player e.g. strength speed and agility. I applied this principle by doing specific exercise for these needs.

Why did you apply it to your training programme?

I applied specificity to my training because you get what you train for. I am a forward in rugby league and so a forward needs strength and size to be a good player. These are the assets that I worked on relating to rugby league.

Principle of training 1: Overload

How did you apply it to your training programme?

I used overload by doing a lot of weight trainings and when I did the exercises like barbell curls and triceps extension I would increase the weight in some training sessions but keep the reps at the same number this was overload. A specific example of where I applied overload is when I went from 10kgs on the arm curls and then added another 2.5kgs after each set of reps. So I did 3 sets of 10 reps and added 2.5kgs after each set. In week five of my programme I also added extra reps to my programme by doing 12-15 reps.

Why did you apply it to your training programme?

I applied overload to my training programme to build strength in the upper body and this will have a positive effect on my performance. You need to keep overload to gain strength otherwise my body will just keep doing the same thing all the time and won't gain any strength. This is a mistake I was making when I went to the gym and just lifted the same weights each week, eg I was always doing 3 sets of 10 reps tricep extensions at 10 kgs. I applied overload because it will help me build strength faster by doing increasing the weights and number of reps. This means that I will eventually see some slow gains in my strength which will hopefully be noticeable on the field when I can tackle with more strength.

3

4