

Training Log	Method of training: Resistance	
<p><b>Explain how and why the method of training is applied in your training programme.</b> I used resistance training in my program because I have got very mobile shoulders and use exercises such as rotator cuff lifts with light weights as I am trying not to injure it. This is specific to my goal because I stated with my goals that I am trying to strengthen my shoulder.</p>		2
<p><b>Explain how and why physiological responses are applied to training.</b> Resistance training is specific to my goals because I need to strengthen my shoulder for tennis and I am using resistance because I am using weights for a short period of time. I was doing 2.5kg weight with 3 x 10 reps slowly so I can gain from the exercise, and I am using muscular endurance.</p>		1
<p><b>Explain how your chosen biophysical principles _____ and _____ are interrelated.</b> The method of training I am using is resistance training and I am using muscular endurance using light weight with minimal rest at about 50-75% of 1rm with 3 sets and this is specific to my goals</p>		

Training Log	Method of training: Continuous	
<p><b>Explain how and why the method of training is applied in your training programme.</b> I used continuous training in this period because we went and done a spin class and this related to my goals. I did continuous instead of resistance because I am trying to lose fat and increase my cardio respiratory system and to do this you need to work for longer than 25 min. I also want to get fitter and using my aerobic energy system to lose fat. Because those are my goals.</p>		2
<p><b>Explain how and why physiological responses are applied to training.</b> After 40min on the spin bike working at set rate by the trainer it was a really good training session because I got a good workout because we were using continuous for longer than 25 min and I was at my target heart rate most of the time and I was sore as after. This relates to my goals because I am trying to strengthen my shoulder.</p>		1
<p><b>Explain how your chosen biophysical principles _____ and _____ are interrelated.</b> The strengths of this training session was that I used most of the F.I.T.T principles. This training session relates to my goals I set and continuous training was the method of training to my training session and I was working at my target heart rate 70-80% of MHR and I was using aerobic energy system because I was working out longer than 3 mins.</p>		

**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: Intensity**

**How did you apply it to your training programme?**

I applied intensity to my program by using my BPM/MHR as a measure so I knew what intensity I was at. My measure showed that I was working at 80-90%.

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**Why did you apply it to your training programme?**

Because it related to my sport of badminton and tennis, because you have start stop moments in the game. I need to last in a game because currently I am running out of energy. It also relates to aerobic based training at 50-85% of MHR because it is recommended.

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**Principle of training 2: Rest**

**How did you apply it to your training programme?**

I applied rest to my resistance training because when I was doing weights I had a rest in between the reps and the sets of about 2 min between reps and sets. So I would do 1 set of reps then have a rest for 2 min before doing the next set. I also had a rest between doing the methods of training. I wouldn't do resistance training two days in a row. I would do resistance training then continuous training so that my muscles could get a rest.

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**Why did you apply it to your training programme?**

I applied it to my training because in between 15 reps x 3 I needed a little amount of rest to let my shoulder muscles rest and stop hurting so I could then carry on with the next reps and set. I liked having a rest day and including rest periods in my programme so I could rest my muscles and then get the benefit of working hard for the next session rather than having tired muscles with no rest.

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**Strengths of training programme – What worked?**

Continuous training because I really liked the spin classes and they made me fitter. I think that the resistance training strengthened my shoulder a little bit. Doing spin with others made me work hard, so I enjoyed it more.

**Weaknesses of training programme – What didn't?**

Not knowing if the amount of weight I was lifting for my shoulder was right or not.

**What modifications would you make to the application of the biophysical principles used in your programme?**

Check with my physiotherapist if I should increase the weights when using resistance training so I can build on my strength in my shoulder.