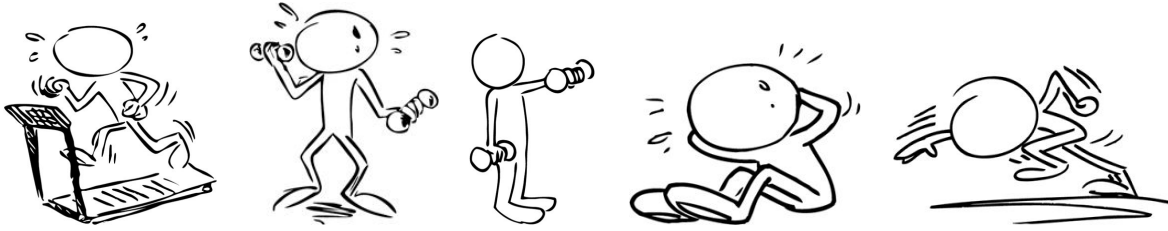


IB SEHS Final Project - Training Plan

Due Monday, June 3rd



This project must be done with a partner. By the end of day 1 you must tell Ms. Davis who your partner is and who you will write your training plan on. Your person can be real or fictional.

Objectives:

- To understand the principles of a training program design based on an individual athlete.
- Create a workout program using the key principles of a program design.
- Incorporate various methods of training.

Portfolio will include:

- ☐ Cover for portfolio (in binder if it cannot be stapled-the slidy ones- not a 3 ring) **1 Points**
- ☐ Research about the athlete **5 points**
- ☐ Goals description **6 points**
- ☐ Description of training methods: flexibility training, strength and resistance training, circuit training, interval training, plyometrics, continuous training, fartlek training/speed play, cross training. **2 points**
- ☐ Description of ways exercise intensity can be monitored: Heart Rate Method, Karvonen Method (target heart rate), and training heart rate range/zone. **2 Points**
- ☐ Description of why monitoring and regulating the diet of an athlete is important **2 points**
- ☐ 30 days of workout **30 points (1 point for each workout)**
- ☐ 30 days of dietary intake **15 points (.5 points each day)**
- ☐ Works Cited in MLA format **2 points**

Total Points in Lab Category: 65

Person to be trained: Who will your training plan be made for? Who is your partner?

Training Plan Details

Cover for portfolio: Title of training plan (ex: Pre Season Training Plan for College Rugby Player).
Your name and your partners name

Research document about the athlete that include the following. 1 page-12 point Times New Roman single spaced)

- Interests of the athlete
 - What do they want to do? Run a 10K? Get prepared for a sport season? Etc.
 - What types of exercise do they enjoy (if any at all)?
- Lifestyle of the athlete
 - Lifestyle of the athlete- Jobs, kids, professional athlete, college athlete, amateur athlete, club sports, high school athlete, triathlete etc.
 - Do they work out? If so, how? When? Where?
 - When the best time for them to train is (example: offseason- what specific months)
 - Nutrition of the athlete- what do they eat? How much water do they drink? Etc.

Goals based on baseline data 1 page-12 point Times New Roman single spaced

- SMARTER goals based on baseline data and how you will measure improvements
- Outcome Goal and how you will measure improvements
- Process Goals and how you will measure improvements
- Performance and how you will measure improvements

Description Pages x3 (detailed above) 1 page each

Dietary recommendations general description why monitoring and regulating the diet of an athlete is important)

30 Days of Workouts: 1 Point for each workout including ALL of the following : 30 pts

- Title for the workout (leg day, endurance training, speed training, etc)
- Goals: Details how the workout aids the athlete in reaching each goal.
- Duration- how long will the workout last
- Descriptions for how the workout includes the following: Progression, Overload, Specificity, Reversibility, Variety, Periodization.
- Training program used: WHY it is used and HOW it fits that training program: flexibility training. Strength and resistance training, circuit training, interval training, plyometrics, continuous training, fartlek training/speed play, or cross training. MUST INCLUDE variety of training programs throughout the 30 days.
- Outline how exercise intensity will be measured.
- Warm up details and rationale
- Detail of exercise performed- If workouts are not detailed with specific movements, 15 points will be taken away. LAID OUT CLEAR, reps, movements, etc.
 - Why each exercise was chosen (must mechanism of action)- Ex: to strengthen specific muscles groups, increase cardiovascular fitness, increase speed, etc.
- Cool down details and rationale
- 4 rest days: incorporated when beneficial to the athlete. Must be specific to the athlete (Ex: Weightlifter, dancer, football player, hockey player, snowboarder, etc). Write 2 paragraphs as to why the rest day is beneficial and what they should do to recover.
- **Dietary recommendations for the day (one for every day)** I.E. Daily Meal Plan with Variety
 - Daily calorie intake and percentage macronutrient breakdown
 - Rationale for WHY you chose this breakdown- how does it help accomplish goal.
 - Macronutrient sources (what are your main sources of each macronutrient)
 - Foods to avoid

Presentation!

You will present your training plan on Monday, June 3rd or Tuesday, June 4th

3-4 minutes long.

Shared on Google slides with msdavisbio@gmail.com

This part of you 65 point project grade. If the following areas are not included, you will lose point in those categories of the project total.

Must include:

- ★ Description of who the athlete is
- ★ SMARTER GOAL (with how you will measure results)
- ★ 4 days of plans with rationale
 - 1 workout day from each week of your month
 - Each day must include a nutrition plans with rationale
- ★ 1 rest day
- ★ PICTURES- make your slides look nice and interesting. Not boring!

Presentation!

You will present your training plan on Monday, June 3rd or Tuesday, June 4th.

3-4 minutes long.

Shared on Google slides with msdavisbio@gmail.com

This part of you 65 point project grade. If the following areas are not included, you will lose point in those categories of the project total.

Must include:

- ★ Description of who the athlete is.
- ★ SMARTER GOAL (with how you will measure results)
- ★ 4 days of plans with rationale
 - 1 workout day from each week of your month
 - Each day must include a nutrition plans with rationale
- ★ 1 rest day with nutrition
- ★ PICTURES- make your slides look nice and interesting. Not boring!