

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY	SATURDAY	SUNDAY
Gym	Rest	Basketball Training	Rest	Circuit Training	Rest	Rest

Monday – Gym		Wednesday – Basketball Training		Friday – Circuit Training	
TIME	DESCRIPTION	TIME	DESCRIPTION	TIME	DESCRIPTION
70mins	Aim of Session: To improve stamina	60mins	Aim of Session: To improve stamina	50 mins	Aim of Session: To improve stamina
5 mins	Warm up: Static stretches	15 mins	Warm up: Static stretches & Jog around the hall once	15 mins	Warm up: Static stretches
60 mins	Main Session: Workout on the treadmill for 20 minutes on a speed level of 8 to help build up her cardiovascular endurance. Use the machine bike for 20 minutes on an effort level of 10 to help build up her cardiovascular endurance. Workout on the Elliptical Trainer for 20 minutes on an effort level of 8 to help build up her cardiovascular endurance.	40 mins	Main Session: 2 Suicides 30 metres sprinting end line and back (Continuously)	30 mins	Main Session: Each station will be done for 1 minute and after each circuit a 10 second break will happen. The circuit will be done twice with a 30 second break in between both sets.
5 mins	Cool Down: 5 minutes on the rowing machine	5 mins	Cool Down: Walk around the sports hall twice	5 min	Push-ups Sit-ups Step-ups Skipping Calf raises Cool Down: Dynamic Stretches

Preview from Notesale.co.uk
 Page 7 of 18

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY	SATURDAY	SUNDAY
Gym	Rest	Basketball Training	Rest	Circuit Training	Rest	Rest

Monday – Gym		Wednesday – Basketball Training		Friday – Circuit Training	
TIME	DESCRIPTION	TIME	DESCRIPTION	TIME	DESCRIPTION
85mins	Aim of Session: To improve stamina	80mins	Aim of Session: To improve stamina	60 mins	Aim of Session: To improve stamina
5 mins	Warm up: Static stretches	15 mins	Warm up: Static stretches & Jog around the hall twice	15 mins	Warm up: Static stretches
75 mins	Main Session: Workout on the treadmill for 25 minutes on a speed level of 9 to help build up her cardiovascular endurance. Use the machine bike for 25 minutes on an effort level of 10 to help build up her cardiovascular endurance. Workout on the Elliptical Trainer for 25 minutes on an effort level of 10 to help build up her cardiovascular endurance.	60 mins	Main Session: 3 Suicides 2 30 metre sprints Jog end line and back (Continuously)	40 mins	Main Session: Each station will be done for 2 minute and after each circuit a 10 second break will happen. The circuit will be done three times with a 30 second minute break in between both sets. Push-ups Sit- ups Step-ups Skipping Calf raises
5 mins	Cool Down: 5 minutes on the rowing machine	5 mins	Cool Down: Walk around the sports hall twice	5 min	Cool Down: Dynamic Stretches

Preview from Notesale.co.uk
 Page 11 of 18

Station	Exercise (Description)	Explanation of Exercise Choice
1	<p>Push Ups – In order to conduct a push up you must lower and raise your arms to help lower your body. The push-ups help strengthen the muscles in your arms.</p>	<p>I chose to include push-ups because they can help her to improve the muscles in her arm which will benefit towards her gaining a good athletic ability.</p>
2	<p>Sit Ups – Sit ups are performed by laying along a flat surface with your knees bent out in front of you, then you will raise your back off the floor keeping your knees bent and fall back. Doing sit ups help strengthen your core muscles.</p>	<p>I chose sit ups to be included in the circuit because sit ups will eventually help her improve her core muscles which will benefit towards her gaining a good athletic ability.</p>
3	<p>Skipping – Skipping is the activity of jumping over a skipping rope repeatedly using your feet. Skipping helps to improve your cardiovascular endurance.</p>	<p>Skipping is aimed to help improve her stamina because she will be skipping for a long period of time.</p>
4	<p>Standing Calf Raises – To perform a standing calf raise you should stand with your legs straight, slowly use your toes to lift the back of your foot off the ground so you are standing on the tip of your toes.</p>	<p>Calf raises are aimed at improving and strengthening the calf muscles, this will benefit towards her gaining a good athletic ability.</p>
5	<p>Step Ups – Step ups are performed by standing on a flat surface and stepping up on to a raised surface and stepping back down using one foot at the time.</p>	<p>The step-ups help improve the muscles in your leg and overtime will benefit towards her gaining a good athletic ability.</p>

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 Page 18 of 18