Y10 BTEC Sport – Planning the main section of a training session

Worksheet to support Microsoft form (form has been emailed to you or can be accessed at the OAW website) – This worksheet is to be uploaded to the form

<https://forms.office.com/Pages/ResponsePage.aspx?id=zz3XjXy17EC3-HVbUS2fe4qRBVVsytJBg5YA5q5X5OJUMThLNldBRFFQMklUWTVJWU05TDk4NTk4US4u>

Still considering badminton as the sport you are training for, you have set your goals to try and develop your cardiovascular fitness and muscular endurance in your upper body.

You are going to attempt to plan a training session using the knowledge you have of the fitness suite and basic fitness training. The table below outlines the machines and exercises you might use in your training session:

|  |  |  |
| --- | --- | --- |
| CV Machines | Resistance Weights | Free Weight Exercises |
| Treadmill  Spinning Bikes  Standard exercise bikes  Arc Trainer  Rowers | Shoulder press  Chest press  Leg press  Leg curl  Leg extension  Lat Pulldown  Fly  Rear delt  Upright row | Bicep curls  Tricep extension  Squats (with or without barbell)  Press-ups  Sit-ups  Lunges  Bench press  Upright row  Overhead press |
| Other – Boxing gloves/pads, skipping ropes, flexibility based exercises | | |

The main part of your training session will last for approximately 30 minutes. Please attempt to plan a single session in the table below to develop the fitness components stated at the top of this page. (You can include as many exercises as you choose)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Exercise or machine to be completed | Method of training (for CV machines only) | Time on the machine (CV machines only) | Weight lifted (heavy, medium or light) | Number of reps and sets to be completed  Eg 15 reps x 3 sets |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |