

Date: 18 th -24 th January	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Substances Consumed:	- 2 X Weet-bix and Milk - 1 x banana - 1 x apple 1 portion of potatoes - 1 portion of lamb stew - 1 portion of chicken - 2 flour wraps - Lettuce - 30g of Low fat cheese - 250ml of flavoured milk - strawberry liquorice - 1 Low fat strawberry yoghurt - 1L of Cordial - Water	- 2 X Weet-bix and Milk - 1 x banana - 1 portion of Pasta - 1 portion of chicken - 1 portion of quiche - Salad and cheese - Small portion of low fat yoghurt, honey and muesli - Special fried rice containing: 1 portion of rice, eggs, vegetables and prawns - 1 Low fat strawberry yoghurt - strawberry liquorice - 1L of Cordial - Water	- 2 X Weet-bix and Milk - 1 x banana - 1 portion of quiche - Salad and cheese - 2 Low fat toffee yoghurt - Coleslaw - Sweet corn - 1 portion of chicken pie, mushrooms, onions and creamy source - 1 portion of broccoli - 1 portion of carrots - 4 Jaffa cakes - 1 Low fat strawberry yoghurt - 1L of Cordial - Water	- 2 plain crackers with butter - Small portion of pasta with grated cheese - Sweet corn - 1L of Cordial - Water	- 2 X Weet-bix and Milk - 1 x banana - 1 portion of chicken - Salad and cheese - Coleslaw - Sweet corn - Small portion of low fat yoghurt, honey and muesli - Jacket Potato with butter - Salad - 1 Low fat strawberry yoghurt - 1L of Cordial - Water	- 1 and a half Hot cross buns with butter - 1 portion cheese and onion quiche - Lettuce - 1 portion of ham - 1 Low fat strawberry yoghurt - 1 portion of rice - 1 portion of chicken, cooked peppers and mushrooms - Satay Sauce - 1L of Cordial - Water	- 1 Low fat strawberry yoghurt - 1 homemade fruit smoothie: containing raspberries, black berries, mango sorbet, milk, apple juice, ½ banana and honey - 1 x banana - 2 X Weet-bix and Milk - 1 portion of pasta - 1 portion of grated cheese - 1 portion of chicken - 1 portion of tomato based sauce - 1L of Cordial - Water
Protein:	56g	70g	60g	20g	50g	65g	79g
Carbohydrate:	460g	420g	430g	110g	300g	350g	320g

Date: 24.01.10- 31.01.10	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Substances Consumed:	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 1 x banana - 1 portion of quiche - Salad and cheese - Coleslaw - Small pot of yoghurt, muesli and honey - Small pot of yoghurt, muesli and honey - Small portion of cheesy, tomato pasta - 1 portion of pasta - 1 portion of grated cheese - 1 portion of tomato based sauce - 1 Low fat strawberry yoghurt - 1L of Cordial - Water 	<ul style="list-style-type: none"> - Fruit Smoothie containing berries, mango sorbet, milk, apple juice, half a banana and honey - Lettuce - 1 portion of rice - 1 portion of ham - Small pot of yoghurt, muesli and honey - Jacket potato with butter - Chicken Mayo - Lettuce - Orange - Piece of chocolate - 1L of Cordial 	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 1 x banana - Hot Chocolate - 1 portion of quiche - Salad and cheese - Coleslaw - 2 small somosas - 1 Low fat peach yoghurt - 1 portion of risotto - 1 Low fat strawberry yoghurt - Orange - 1L of Cordial - Water 	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 1 portion of pasta and cheese - Coleslaw - Sweet corn - Small portion of low fat yoghurt, honey and muesli - Sausages x 3 - 4 small boiled potatoes - broccoli - 1L of Cordial - Water 	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - Banana - 2 sausages - Portion of baked beans - 1 hash brown - cooked tomato - Small portion of low fat yoghurt, honey and muesli - Bread roll - Dips, butter and Philadelphia - Cucumber - Carrots - Mini Quiche - 1 portion of salami - 1L of Cordial - Water 	<ul style="list-style-type: none"> - 2 croissants with jam and butter - 2 mini chocolate brownies - 1 portion of rice - 1 portion of grilled chicken - Curry sauce - 1 portion of salad - 1L of Cordial - Water 	<ul style="list-style-type: none"> - Fruit smoothie: containing fruit, yoghurt, sorbet, milk, apple juice and honey - Hot chicken wrap: 1 portion of chicken, one wrap, peppers, lettuce - Stir fry: containing one portion of chicken, large amounts of vegetables, plum, sauce and 1 portion of egg noodles - 1L of Cordial - Water
Protein:	50g	60g	60g	40g	50g	28g	40g
Carbohydrate:	300g	430g	300g	240g	350g	330g	435g

Name:

Date: 19.01.10

Time: 2.45-2.45

Training session / type: Weights

Venue: Gym, School

Mesocycle: 1

Microcycle: 1

Weather conditions: N/A - inside

Warm Up: Completed successfully

Cool Down: Completed, however pushed for time

Mental Approach	Rating: 1-10
Motivation:	1 2 3 4 5 6 7 8 9 10
Focus / Concentration:	1 2 3 4 5 6 7 8 9 10
Attitude / Dedication:	1 2 3 4 5 6 7 8 9 10
Energy Levels:	1 2 3 4 5 6 7 8 9 10

Difficulties / Injuries:

No injuries or pain

Physical	Rating: 1-10
Lower Body:	1 2 3 4 5 6 7 8 9 10
Upper Body:	1 2 3 4 5 6 7 8 9 10
Cardiac:	1 2 3 4 5 6 7 8 9 10
Overall Feeling:	1 2 3 4 5 6 7 8 9 10

Adaptations:

Did not need to adapt session
everything ran smoothly

Evaluation:

Good 1st session in general. I was a little unfocused and distracted due to exams however I did completes all set exercises in time and timed my rest periods.

Name: 5

Date: 19.01.10

Time: 5.00-6.00

Training session / type: SAQ

Venue: Sports Hall, School

Mesocycle: 1

Microcycle: 1

Weather conditions: N/A, inside

Warm Up: Completed successfully

Cool Down: Completed and extended due to tight lower leg muscles

Mental Approach	Rating: 1-10
Motivation:	1 2 3 4 5 6 7 8 9 10
Focus / Concentration:	1 2 3 4 5 6 7 8 9 10
Attitude / Dedication:	1 2 3 4 5 6 7 8 9 10
Energy Levels:	1 2 3 4 5 6 7 8 9 10

Difficulties / Injuries:

Sore knees, particularly left knee, quadriceps felt tight

Physical	Rating: 1-10
Lower Body:	1 2 3 4 5 6 7 8 9 10
Upper Body:	1 2 3 4 5 6 7 8 9 10
Cardiac:	1 2 3 4 5 6 7 8 9 10
Overall Feeling:	1 2 3 4 5 6 7 8 9 10

Adaptations:

Reduced number of reps when in pain in knee of exercises involving the left knee

Evaluation:

Good overall session. Enjoyable. Focused on technique and the importance of getting the right placement and technique before increasing the speed of the exercises.

Name: :

Date: 21.01.10

Time: 3.45-4.55

Training session / type: SAQ

Venue: Sports Hall

Mesocycle: 1

Microcycle: 1

Weather conditions: N/A inside

Warm Up: Completed successfully

Cool Down: Completed successfully

Mental Approach	Rating: 1-10
Motivation:	1 2 3 4 5 6 7 8 9 10
Focus / Concentration:	1 2 3 4 5 6 7 8 9 10
Attitude / Dedication:	1 2 3 4 5 6 7 8 9 10
Energy Levels:	1 2 3 4 5 6 7 8 9 10

Difficulties / Injuries:

No injuries or difficulties

Physical	Rating: 1-10
Lower Body:	1 2 3 4 5 6 7 8 9 10
Upper Body:	1 2 3 4 5 6 7 8 9 10
Cardiac:	1 2 3 4 5 6 7 8 9 10
Overall Feeling:	1 2 3 4 5 6 7 8 9 10

Adaptations:

I did not have to adapt this session

Evaluation:

Good overall session, still thinking about the importance of focusing on technique and not speed until my technique is correctly refine and automatically comes to me when completing the exercises

Name: !		Date: 22.01.10	Time: 2.45-3.45
Training session / type: Weights		Venue: Gym, School	
Mesocycle: 1	Microcycle: 1	Weather conditions: N/A inside	
Warm Up: Completed		Cool Down: Completed	

Mental Approach	Rating: 1-10	Difficulties / Injuries: Knee hurt during leg extension
Motivation:	1 2 3 4 5 6 7 8 9 10	
Focus / Concentration:	1 2 3 4 5 6 7 8 9 10	
Attitude / Dedication:	1 2 3 4 5 6 7 8 9 10	
Energy Levels:	1 2 3 4 5 6 7 8 9 10	

Physical	Rating: 1-10	Adaptations: Only completed one set of leg extensions due to pain. Was very ill the day before, therefore had very little energy.
Lower Body:	1 2 3 4 5 6 7 8 9 10	
Upper Body:	1 2 3 4 5 6 7 8 9 10	
Cardiac:	1 2 3 4 5 6 7 8 9 10	
Overall Feeling:	1 2 3 4 5 6 7 8 9 10	

Evaluation: Good session, considering the circumstances of being very sick the day before, dehydration etc.

Name: :

Date: 25.01.10

Time: 5.00-6.00

Training session / type: Sprint

Venue: Sportshall

Mesocycle: 1

Microcycle: 1

Weather conditions: N/A inside

Warm Up: Completed and extra stretching

Cool Down: Completed

Mental Approach	Rating: 1-10
Motivation:	1 2 3 4 5 6 7 8 9 10
Focus / Concentration:	1 2 3 4 5 6 7 8 9 10
Attitude / Dedication:	1 2 3 4 5 6 7 8 9 10
Energy Levels:	1 2 3 4 5 6 7 8 9 10

Difficulties / Injuries:

Tight calves, apart from that all ok

Physical	Rating: 1-10
Lower Body:	1 2 3 4 5 6 7 8 9 10
Upper Body:	1 2 3 4 5 6 7 8 9 10
Cardiac:	1 2 3 4 5 6 7 8 9 10
Overall Feeling:	1 2 3 4 5 6 7 8 9 10

Adaptations:

Extra stretching required to help loosen calves

Evaluation:

Good session, well times rest periods etc, felt good. Little frustrated due to exams but helped me be motivated and as the session went on became very productive

Name:	Date: 26.01.10	Time: 4-5
Training session / type: Weights		Venue: Sportshall
Mesocycle: 1	Microcycle: 1	Weather conditions: Inside N/A
Warm Up: Completed		Cool Down: Completed

Mental Approach	Rating: 1-10
Motivation:	1 2 3 4 5 6 7 8 9 10
Focus / Concentration:	1 2 3 4 5 6 7 8 9 10
Attitude / Dedication:	1 2 3 4 5 6 7 8 9 10
Energy Levels:	1 2 3 4 5 6 7 8 9 10

Difficulties / Injuries:

Had Physio session earlier that day, therefore very sore lower body

Physical	Rating: 1-10
Lower Body:	1 2 3 4 5 6 7 8 9 10
Upper Body:	1 2 3 4 5 6 7 8 9 10
Cardiac:	1 2 3 4 5 6 7 8 9 10
Overall Feeling:	1 2 3 4 5 6 7 8 9 10

Adaptations:

2 sets of leg extension as apposed to the planned 3

<p>Evaluation:</p> <p>Great session, better focused and able to completely concentrate now exams have concluded</p>
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Name:

Date: 28.01.10

Time: 2.45-3.45

Training session / type: SAQ

Venue: Sports hall

Mesocycle: 1

Microcycle: 1

Weather conditions: N/A Inside

Warm Up: Completed and extended stretching

Cool Down: Completed

Mental Approach	Rating: 1-10
Motivation:	1 2 3 4 5 6 7 8 9 10
Focus / Concentration:	1 2 3 4 5 6 7 8 9 10
Attitude / Dedication:	1 2 3 4 5 6 7 8 9 10
Energy Levels:	1 2 3 4 5 6 7 8 9 10

Difficulties / Injuries:

Sore knees

Physical	Rating: 1-10
Lower Body:	1 2 3 4 5 6 7 8 9 10
Upper Body:	1 2 3 4 5 6 7 8 9 10
Cardiac:	1 2 3 4 5 6 7 8 9 10
Overall Feeling:	1 2 3 4 5 6 7 8 9 10

Adaptations:

Took it a bit steady when knees were hurting

Evaluation:

Good session, completed everything in good time. Enjoyed the session and felt improvement compared to last SAQ session.

Name:		Date: 29.01.10	Time: 1.45-2.45
Training session / type: Weights		Venue: Gym, School	
Mesocycle: 1	Microcycle: 1	Weather conditions: N/A inside	
Warm Up: Completed		Cool Down: Completed	

Mental Approach	Rating: 1-10
Motivation:	1 2 3 4 5 6 7 8 9 10
Focus / Concentration:	1 2 3 4 5 6 7 8 9 10
Attitude / Dedication:	1 2 3 4 5 6 7 8 9 10
Energy Levels:	1 2 3 4 5 6 7 8 9 10

Physical	Rating: 1-10
Lower Body:	1 2 3 4 5 6 7 8 9 10
Upper Body:	1 2 3 4 5 6 7 8 9 10
Cardiac:	1 2 3 4 5 6 7 8 9 10
Overall Feeling:	1 2 3 4 5 6 7 8 9 10

<p>Difficulties / Injuries:</p> <p>No Difficulties or injuries specifically</p>
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<p>Adaptations:</p> <p>No need to adapt for the session, everything went to plan</p>

<p>Evaluation: Lacked a little motivation in session, but was a good general session, completed all sets and reps</p>
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TRAINING SESSION & DIET RECORDS: MESOCYCLE 1, MICROCYCLE 2

01.02.10-07.02.10	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Substances Consumed:	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 1 x banana - 1 x apple - 1 portion of potatoes - 2 pork sausages - Portion of sweet corn and peas - Small portion of low fat yoghurt, honey and muesli - 1 Low fat strawberry yoghurt - 1L of Cordial - Water 	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 1 x banana - Cheese sandwich - Small packet of ready salted crisps - Chocolate and Honey comb milkshake - Chicken and Mushroom pasty - 1 portion of sweet-corn - Small portion of frozen plain cheesecake - 1 x banana - 1L of Cordial - Water 	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 1 x banana - 2 small roast potatoes - 1 portion of chicken pie: containing chicken breast, pastry - 1 portion of sweet corn - Small portion of low fat yoghurt, honey and muesli - Small portion of cheesy, tomato pasta - 1 portion of pasta - 1 portion of grated cheese - 1 portion of tomato based sauce - 1 Low fat strawberry yoghurt - Jelly babies - 2 pieces of toast with butter and honey - 1L of Cordial - Water 	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 1 x banana - 1 x apple - portion of cold pasta - Lettuce - grated carrots - 1 piece of ham - 1 Low fat strawberry yoghurt - 1 Low fat peach yoghurt - Small - 3 small sausages - 1 x large baked potato - 1 portion of sweet corn - 1 portion of Lettuce - Small portion of frozen plain cheesecake - Small portion of fruit salad - 1L of Cordial - Water 	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 1L of Cordial - Water - 1 x banana - 1 portion of chicken - Salad and cheese - Coleslaw - Sweet corn - Small portion of low fat yoghurt, honey and muesli - 1 portion of rice - 1 portion of salmon - 1 portion of Asparagus - 1 portion of Green beans - 2 Low fat strawberry yoghurt 	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 1L of Cordial - Water - 2 x banana - 2 X Weet-bix and Milk - 4 flour wraps - 1 portion of chicken - Portion of cooked onions and peppers - Sour cream, guacamole, salsa - Portion of ice cream 	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 1L of Cordial - Water - 3 x banana - 2 small paninis containing: cheddar cheese, mozzarella, Parma ham, sun dried tomatoes, lettuce - 1 apple - 1 portion of chicken - stuffed with peppers, mushrooms and crème fresh - Portion of rice - Portion of ice cream
Protein:	30g	55g	60g	45g	43g	38g	47g
Carbohydrate:	275g	300g	350g	320g	280g	220g	350g

Development plan - Diet Recording sheet:

Date:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08.02.10-14.02.10							
Substances Consumed:	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 1 x banana - 1 pear - 1 portion of lamb stew - 2 boiled potatoes - 1 portion of sweet corn - 1 portion of pasta - 1 portion of tomato based source - 2 pieces of pizza - Malteasers - 1L of Cordial - Water 	<ul style="list-style-type: none"> - 1 portion of rice - 1 portion of rice - 1 low fat peach yoghurt - 1 croissant - 1 portion of tuna pasta bake - 1 portion of sweet corn - 1 low fat peach yoghurt - 1 x banana - Special fried rice containing: 1 portion of rice, eggs, vegetables and prawns - 1 portion of ice cream - 1L of Cordial - Water 	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 1 x banana - 1 portion of potatoes - 3 small sausages - 1 portion of sweet corn - Coselaw - Gravy - Small portion of low fat yoghurt, honey and muesli - 1 portion of chicken - 1 portion of curry sauce - 1 portion of rice - Small bowl of muesli with milk - 1L of Cordial - Water 	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 1 x banana - 1 portion of special fired rice - 1 pork chop - 1 portion of noodles - Small portion of low fat yoghurt, honey and muesli - very small portion of pasta - 4 chocolate caramel squares - Apple - 1 low fat strawberry yoghurt - 1L of Cordial - Water 	<ul style="list-style-type: none"> - 1L of Cordial - Water - 1 Weet-bix and milk - 2 fish cakes - 1 portion of baked beans - 1 portion of chips - 1 portion of sweetcorn - Small portion of low fat yoghurt, honey and muesli - Special fried rice containing: 1 portion of rice, eggs, vegetables and prawns - 1L of Cordial - Water 	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 1 x banana - 2 small paninis containing: cheddar cheese, mozzarella, Parma ham, sun dried tomatoes, lettuce - 1 portion of chicken pie, mushrooms, onions and creamy source - 1 portion of broccoli - Portion of ice cream - 1L of Cordial - Water 	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 3 x banana - 1 low fat strawberry yoghurt - 1 portion of pasta - 1 portion of grated cheese - 1 portion of chicken - 1 portion of tomato based sauce - 1L of Cordial - Water
Protein:	35g	42g	45g	45g	37g	41g	36g
Carbohydrate:	320g	275g	295g	330g	315g	320g	290g

Name:

Date: 01.02.10

Time: 1.45-2.45

Training session / type: SAQ

Venue: Sports Hall

Mesocycle: 1

Microcycle: 2

Weather conditions: N/A inside

Warm Up: Completed

Cool Down: Completed

Mental Approach	Rating: 1-10
Motivation:	1 2 3 4 5 6 7 8 9 10
Focus / Concentration:	1 2 3 4 5 6 7 8 9 10
Attitude / Dedication:	1 2 3 4 5 6 7 8 9 10
Energy Levels:	1 2 3 4 5 6 7 8 9 10

Difficulties / Injuries:

No specific difficulties or injuries with this session

Physical	Rating: 1-10
Lower Body:	1 2 3 4 5 6 7 8 9 10
Upper Body:	1 2 3 4 5 6 7 8 9 10
Cardiac:	1 2 3 4 5 6 7 8 9 10
Overall Feeling:	1 2 3 4 5 6 7 8 9 10

Adaptations:

I did not need to adapt this session

Evaluation:

Slight lack of concentration in this session due to worry about exams, therefore mind not one hundred percent focused on the task, with SAQ this is particularly vital as training the neuromuscular firing patterns requires concentration and the placing of feet in ladders etc meant the session became difficult and slightly stressful when sequences such as hopscotch did not work first time.

Name: !

Date: 02.02.10

Time: 5.00-6.00

Training session / type: SAQ

Venue: Sports hall

Mesocycle: 1

Microcycle: 2

Weather conditions: N/A

Warm Up: Did not complete

Cool Down: Did not complete

Mental Approach	Rating: 1-10
Motivation:	1 2 3 4 5 6 7 8 9 10
Focus / Concentration:	1 2 3 4 5 6 7 8 9 10
Attitude / Dedication:	1 2 3 4 5 6 7 8 9 10
Energy Levels:	1 2 3 4 5 6 7 8 9 10

Difficulties / Injuries:

Extremely tight muscles.

Overtiredness and severe lack of energy from previous day.

Physical	Rating: 1-10
Lower Body:	1 2 3 4 5 6 7 8 9 10
Upper Body:	1 2 3 4 5 6 7 8 9 10
Cardiac:	1 2 3 4 5 6 7 8 9 10
Overall Feeling:	1 2 3 4 5 6 7 8 9 10

Adaptations:

Did not complete session

Evaluation:

I decided not to complete this session as this week I am playing in 4 netball matches, completing training sessions for both school and club and in addition have 4 development plan sessions to complete. I believe I am overtraining at this time as I have a real lack of energy, am suffering from very sore legs and cramp. In my match the previous day I had to call injury time early in the 4th quarter as my legs, in particular calves and knees were causing me so much pain. I have to prioritise being fit and energetic for both my school matches on Wednesday and Saturday, and my south regional game on Sunday. Not completing this session was a tactical decision as my recent performances have been poor in my view due to a lack of energy and pain. Therefore I did not complete this session as I believe it would only negatively affect my performance and development, not due to laziness or tedium.

Name: S

Date: 04.02.10

Time: 2.35-3.45

Training session / type: Weights

Venue: Gym, School

Mesocycle: 1

Microcycle: 2

Weather conditions: N/A inside

Warm Up: Completed

Cool Down: Completed

Mental Approach	Rating: 1-10
Motivation:	1 2 3 4 5 6 7 8 9 10
Focus / Concentration:	1 2 3 4 5 6 7 8 9 10
Attitude / Dedication:	1 2 3 4 5 6 7 8 9 10
Energy Levels:	1 2 3 4 5 6 7 8 9 10

Difficulties / Injuries:

Lower body muscles were causing me pain, muscles were tight, sore and heavy.

Physical	Rating: 1-10
Lower Body:	1 2 3 4 5 6 7 8 9 10
Upper Body:	1 2 3 4 5 6 7 8 9 10
Cardiac:	1 2 3 4 5 6 7 8 9 10
Overall Feeling:	1 2 3 4 5 6 7 8 9 10

Adaptations:

Did not complete any lifts that directly placed pressure on my lower body – leg press, hamstring curl, leg extension.

Evaluation:

Good session considering the constraints and restrictions of resting my lower body. Motivated for the session and decided to complete as much as I could, e.g. upper body lifts.

Name: f

Date: 05.02.10

Time: 1.45-2.45

Training session / type: Weights

Venue: Gym, School

Mesocycle: 1

Microcycle: 2

Weather conditions: N/A inside

Warm Up: Completed

Cool Down: Completed, though pushed for time

Mental Approach	Rating: 1-10
Motivation:	1 2 3 4 5 6 7 8 9 10
Focus / Concentration:	1 2 3 4 5 6 7 8 9 10
Attitude / Dedication:	1 2 3 4 5 6 7 8 9 10
Energy Levels:	1 2 3 4 5 6 7 8 9 10

Difficulties / Injuries:

Still tight hamstrings causing me pain and cramping

Physical	Rating: 1-10
Lower Body:	1 2 3 4 5 6 7 8 9 10
Upper Body:	1 2 3 4 5 6 7 8 9 10
Cardiac:	1 2 3 4 5 6 7 8 9 10
Overall Feeling:	1 2 3 4 5 6 7 8 9 10

Adaptations:

Did not complete hamstring curl and pain was to much

Evaluation:

Good overall session, annoying hamstring curl could not be completed. I was well motivated and felt this session went well and I am improving.

Name

Date: 08.02.10

Time: 1.45-2.45

Training session / type: SAQ

Venue: Sports hall/ gym

Mesocycle: 1

Microcycle: 2

Weather conditions: N/A inside

Warm Up: Completed

Cool Down: Completed

Mental Approach	Rating: 1-10
Motivation:	1 2 3 4 5 6 7 8 9 10
Focus /Concentration:	1 2 3 4 5 6 7 8 9 10
Attitude /Dedication:	1 2 3 4 5 6 7 8 9 10
Energy Levels:	1 2 3 4 5 6 7 8 9 10

Difficulties / Injuries: <ul style="list-style-type: none">- DOMS from south match the previous day- Tight hamstrings and calfs- Pain in left knee

Physical	Rating: 1-10
Lower Body:	1 2 3 4 5 6 7 8 9 10
Upper Body:	1 2 3 4 5 6 7 8 9 10
Cardiac:	1 2 3 4 5 6 7 8 9 10
Overall Feeling:	1 2 3 4 5 6 7 8 9 10

Adaptations: <ul style="list-style-type: none">- When in pain reduced the reps of the exercise

Evaluation: <p>Session where I attempted to focus on technique as apposed to speed and take into account my pain and sore knees.</p>

Nam		Date: 09.02.10	Time: 3.45-4.50
Training session / type: Weights		Venue: School Gym	
Mesocycle: 1	Microcycle: 2	Weather conditions: N/A inside	
Warm Up: Completed		Cool Down: Completed	

Mental Approach	Rating: 1-10
Motivation:	1 2 3 4 5 6 7 8 9 10
Focus / Concentration:	1 2 3 4 5 6 7 8 9 10
Attitude / Dedication:	1 2 3 4 5 6 7 8 9 10
Energy Levels:	1 2 3 4 5 6 7 8 9 10

Physical	Rating: 1-10
Lower Body:	1 2 3 4 5 6 7 8 9 10
Upper Body:	1 2 3 4 5 6 7 8 9 10
Cardiac:	1 2 3 4 5 6 7 8 9 10
Overall Feeling:	1 2 3 4 5 6 7 8 9 10

Difficulties / Injuries: <ul style="list-style-type: none"> - Tight hamstring - Pain in knees when completing leg extension
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Adaptations: <ul style="list-style-type: none"> - Reduced sets and lowered number of plates on leg extension
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Evaluation: Good session, though frustrated my pain in my legs. Some whole body lifts are getting easier therefore when I test on Thursday I need to consider the change in weights I need to make in order to progress and continue to overload my body
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Name:

Date: 12.02.10

Time: 1.35-2.45

Training session / type: Weights

Venue: School Gym

Mesocycle: 1

Microcycle: 2

Weather conditions: N/A inside

Warm Up: Completed

Cool Down: Completed

Mental Approach	Rating: 1-10
Motivation:	1 2 3 4 5 6 7 8 9 10
Focus / Concentration:	1 2 3 4 5 6 7 8 9 10
Attitude / Dedication:	1 2 3 4 5 6 7 8 9 10
Energy Levels:	1 2 3 4 5 6 7 8 9 10

Difficulties / Injuries:

- Continuous problems with tight hamstrings

Physical	Rating: 1-10
Lower Body:	1 2 3 4 5 6 7 8 9 10
Upper Body:	1 2 3 4 5 6 7 8 9 10
Cardiac:	1 2 3 4 5 6 7 8 9 10
Overall Feeling:	1 2 3 4 5 6 7 8 9 10

Adaptations:

- Completed hamstring curl on a lower weight, and only completed 2 sets

Evaluation:

Good overall session, felt motivated to complete it. Hamstrings causing me problems however so need to consider what I am going to do to avoid this problem in the future

Name:

Date: 12.02.10

Time: 3.45-4.45

Training session / type: SAQ

Venue: Sports Hall

Mesocycle: 1

Microcycle: 2

Weather conditions: N/A inside

Warm Up: Completed

Cool Down: Completed

Mental Approach	Rating: 1-10
Motivation:	1 2 3 4 5 6 7 8 9 10
Focus / Concentration:	1 2 3 4 5 6 7 8 9 10
Attitude / Dedication:	1 2 3 4 5 6 7 8 9 10
Energy Levels:	1 2 3 4 5 6 7 8 9 10

Difficulties / Injuries:
No specific problems

Physical	Rating: 1-10
Lower Body:	1 2 3 4 5 6 7 8 9 10
Upper Body:	1 2 3 4 5 6 7 8 9 10
Cardiac:	1 2 3 4 5 6 7 8 9 10
Overall Feeling:	1 2 3 4 5 6 7 8 9 10

Adaptations:

Did not need to adapt due to injury however slight lack of space meant jump could not be completed

Evaluation:

Good session, good use of time. I enjoyed this session and feel as though aspects are improving

**TRAINING SESSION
& DIET RECORDS:
MESOCYCLE 2,
MICROCYCLE 3**

Development plan - Diet Recording sheet:

Date: 07.03.10 – 07.03.10	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Substances Consumed:	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 1 banana - 1 piece of Salmon with Philadelphia - 1 portion of mashed potato - 1 portion of leeks - 1 portion of sweet corn - Cherry crumble with custard - 1 portion of Pasta - 2 hot cross buns with butter - 1 portion of tomato based sauce - 1 low fat strawberry yoghurt - 1L of Cordial - Water 	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 1 passion fruit - Jacket potato with baked beans and cheese - Small portion of low fat yoghurt, honey and muesli - 1 kiwi - 3 sausages - leeks - 1 portion of daphnia - 1 bowl of muesli with milk - 1L of Cordial - Water 	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 1 mango, banana and passion fruit smoothie - 2 hot cross buns with butter - 2 muesli bars - Bottle of powerade - small portion of rice - green beans, asparagus - Portion of ice cream - 1L of Cordial - Water 	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 1 portion of lasagne - small portion of potatoes - piece of garlic bread - Portion of sweet corn - 2 X Small portions of low fat yoghurt, honey and muesli - 1 portion of pasta - 1 portion of grated cheese - 1 portion of tomato based sauce - 1L of Cordial - Water 	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 1 banana - 1 portion of quiche - Salad and cheese - Coleslaw - 2 small somosas - Small portion of low fat yoghurt, honey and muesli - 2 hot cross buns with butter - 1 kiwi - Jacket potato with butter - Portion of Baked Beans - Portion of grated cheese - 1 apple - 1 portion of mango sorbet - 1L of Cordial - Water 	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 1L of Cordial - Water - 2 x banana - 1 portion of chicken ceaser salad - 4 flour wraps - 1 portion of chicken - Portion of cooked onions and peppers - Sour cream, guacamole, salsa - Portion of ice cream 	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 1 low fat strawberry yoghurt - 1 home made beef burger, with onions, mayo and tomato sauce - 1 portion of salad - 1 portion of pasta - 1 piece of chicken breast with creamy mushroom sauce - 1 portion of new York cheese cake - 1 apple
Protein:	42g	35g	37g	38g	40g	35g	34g
Carbohydrate:	275g	280g	250g	280g	310g	295g	280g

Development plan - Diet Recording sheet:

Date: 22.02.10-28.02.10 January	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Substances Consumed:	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 1 banna - 1 portion of pasta - Portion of bolognsae sauce - Sweetcorn - Small portion of low fat yoghurt, - honey and muesli - 1 portion of Pasta - 1 portion of tomatoe based sauce - 1 portion of cheese - 1 banna - 1 portion of ice cream - Apple - 1L of Cordial - Water 	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 1 banna - 1 plain biscuit - 1 piece of beef - Gravy - 3 crocet potatoes - Sweetcorn - Small portion of low fat yoghurt, - honey and muesli - Pinapple - Pannini: basil, tomatoe and brie - Cholate (small portions) - Oasis Drink (cordial) - Organe - Apple - 1L of Cordial - Water 	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 1 apple - 1 ham sandwich - 1 packet of salt and vinegar - snakajacks - 1 portion of rice - 1 portion of chilli - Small portion of sour cream - 1 twix bar - 1 hot cross bun - Strawberry milk - 1L of Cordial - Water 	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - Beef and mushroom pie - 1 portion of mashed potatoe - 1 portion of sweetcorn - Small portion of low fat yoghurt, - honey and muesli - 1 portion of muesli and milk - 1 hot cross bun - 1 small iced bun - 2 small biscuits - 1 jacket potatoe with chesse and baked beans 	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - Beef and mushroom pie - Sweetcorn - Small portion of low fat yoghurt, - honey and muesli - 2 hot cross buns - 1 portion of chicken pie - sweet corn - asparagus, green beans and leeks - portion of strawberries and ice cream - 1L of Cordial - Water 	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 1 bacon sandwich - 1 low fat strawberry yoghurt - 1 small bar of aero cholate - Caramel hot chocolate - 1 chicken burger - 1 portion of salad - Mayo, Tomato Sauce - 1 portion of coleslaw - corn on the cob - 2 scoops of ice cream - 2 bananas - 1L of Cordial - Water 	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 1L of Cordial - Water - 2 x Powerade - 1 Portion of chicken and sweetcorn pasta salad - 1 x banana - 1 strawberry milkshake - 1 portion of pasta - 1 portion of grated cheese - 1 portion of tomato based sauce
Protein:	35g	32g	38g	41g	32g	42g	36g
Carbohydrate:	295g	310g	285g	295g	320g	335g	280g

Name:

Date: 22.02.10

Time: 1.35-1.45

Training session / type: Weights

Venue: Gym, School

Mesocycle: 2

Microcycle: 3

Weather conditions: N/A

Warm Up: Completed

Cool Down: Completed

Mental Approach	Rating: 1-10
Motivation:	1 2 3 4 5 6 7 8 9 10
Focus / Concentration:	1 2 3 4 5 6 7 8 9 10
Attitude / Dedication:	1 2 3 4 5 6 7 8 9 10
Energy Levels:	1 2 3 4 5 6 7 8 9 10

Difficulties / Injuries:

N/A

Physical	Rating: 1-10
Lower Body:	1 2 3 4 5 6 7 8 9 10
Upper Body:	1 2 3 4 5 6 7 8 9 10
Cardiac:	1 2 3 4 5 6 7 8 9 10
Overall Feeling:	1 2 3 4 5 6 7 8 9 10

Adaptations:

N/A

Evaluation:

I really enjoyed this session, felt it was very productive. I was alone in the gym and enjoyed this as did not have to wait or plan my session around any one else.

Name:

Date: 24.02.10

Time: 11.00-12.00

Training session / type: SAQ

Venue: Sports hall

Mesocycle: 2

Microcycle: 3

Weather conditions: N/A

Warm Up: Completed

Cool Down: Completed with additional stretching

Mental Approach	Rating: 1-10
Motivation:	1 2 3 4 5 6 7 8 9 10
Focus / Concentration:	1 2 3 4 5 6 7 8 9 10
Attitude / Dedication:	1 2 3 4 5 6 7 8 9 10
Energy Levels:	1 2 3 4 5 6 7 8 9 10

Difficulties / Injuries:

Netball match followed by 2 hours of training that night. therefore did not want to tire myself to much

Physical	Rating: 1-10
Lower Body:	1 2 3 4 5 6 7 8 9 10
Upper Body:	1 2 3 4 5 6 7 8 9 10
Cardiac:	1 2 3 4 5 6 7 8 9 10
Overall Feeling:	1 2 3 4 5 6 7 8 9 10

Adaptations:

Reduce number of reps, for each exercise

Evaluation: Though I could not complete this session to my maximum ability due to conflicting events later that day, and the presence of knee pain, I still thought it was a worthwhile session

Name:

Date: 25.02.10

Time: 2.45-3.45

Training session / type: SAQ

Venue: Sports hall

Mesocycle: 2

Microcycle: 3

Weather conditions: N/A

Warm Up: Completed

Cool Down: Completed

Mental Approach	Rating: 1-10
Motivation:	1 2 3 4 5 6 7 8 9 10
Focus / Concentration:	1 2 3 4 5 6 7 8 9 10
Attitude / Dedication:	1 2 3 4 5 6 7 8 9 10
Energy Levels:	1 2 3 4 5 6 7 8 9 10

Difficulties / Injuries:

No real problems, right knee was in slight pain when completing hurdle exercises

Physical	Rating: 1-10
Lower Body:	1 2 3 4 5 6 7 8 9 10
Upper Body:	1 2 3 4 5 6 7 8 9 10
Cardiac:	1 2 3 4 5 6 7 8 9 10
Overall Feeling:	1 2 3 4 5 6 7 8 9 10

Adaptations:

I didn't adapt the session in any way

Evaluation:

Good session, focus and concentration were a little hard to maintain as frustrated, however concentrated on technique and increasing stride frequency etc

Name:

Date: 26.02.10

Time:1.35-2.45

Training session / type: Weight

Venue: School Gym.

Mesocycle: 2

Microcycle: 3

Weather conditions: N/A

Warm Up: Completed

Cool Down: Completed

Mental Approach	Rating: 1-10
Motivation:	1 2 3 4 5 6 7 8 9 10
Focus	1 2 3 4 5 6 7 8 9 10
Attitude / Dedication:	1 2 3 4 5 6 7 8 9 10
Energy Levels:	1 2 3 4 5 6 7 8 9 10

Difficulties / Injuries:

No injuries which stopped me completing sets or reps, however clicky shoulders and tight hamstrings

Physical	Rating: 1-10
Lower Body:	1 2 3 4 5 6 7 8 9 10
Upper Body:	1 2 3 4 5 6 7 8 9 10
Cardiac:	1 2 3 4 5 6 7 8 9 10
Overall Feeling:	1 2 3 4 5 6 7 8 9 10

Adaptations:

I did not have to make any adaptations to today's session

Evaluation:

Goods overall session, felt in less pain then normal and therefore was able to complete all exercises, high motivation, now I have readjusted the weights to suit my new 1 rep max's I am finding the sessions more rewarding, though they are harder work

Name	Date: 02.03.10	Time: 11.00-12.10
Training session / type: Weights		Venue: School Gym
Mesocycle: 2	Microcycle: 3	Weather conditions: N/A
Warm Up: Completed		Cool Down: Completed

Mental Approach	Rating: 1-10	Difficulties / Injuries: - Shoulder injury: prevented me from completing any exercises that involved my right bicep tendon
Motivation:	1 2 3 4 5 6 7 8 9 10	
Focus / Concentration:	1 2 3 4 5 6 7 8 9 10	
Attitude / Dedication:	1 2 3 4 5 6 7 8 9 10	
Energy Levels:	1 2 3 4 5 6 7 8 9 10	

Physical	Rating: 1-10	Adaptations: - Removed bench press, cable cross flies, bicep curl and shoulder press (right side only) lats pull down and tricep pull down with rope
Lower Body:	1 2 3 4 5 6 7 8 9 10	
Upper Body:	1 2 3 4 5 6 7 8 9 10	
Cardiac:	1 2 3 4 5 6 7 8 9 10	
Overall Feeling:	1 2 3 4 5 6 7 8 9 10	

Evaluation: Good session for what I could complete. Shoulder in a lot of pain and therefore very frustrating I could not complete most of the upper body exercises, injury again preventing me from completing full session, however lower body exercises were successful.
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Name: :	Date: 02.03.10	Time: 3.45-4.50
Training session / type: SAQ		Venue: School Sports Hall
Mesocycle: 2	Microcycle: 3	Weather conditions: N/A
Warm Up: Completed		Cool Down: Completed

Mental Approach	Rating: 1-10	Difficulties / Injuries: Shoulder injury, preventing full movement and as a result reducing good technique as was not able to 'pump arms' correctly etc
Motivation:	1 2 3 4 5 6 7 8 9 10	
Focus / Concentration:	1 2 3 4 5 6 7 8 9 10	
Attitude / Dedication:	1 2 3 4 5 6 7 8 9 10	
Energy Levels:	1 2 3 4 5 6 7 8 9 10	

Physical	Rating: 1-10	Adaptations: Completed all exercises bar medicine ball throwing: avoiding movement and strain to my shoulder
Lower Body:	1 2 3 4 5 6 7 8 9 10	
Upper Body:	1 2 3 4 5 6 7 8 9 10	
Cardiac:	1 2 3 4 5 6 7 8 9 10	
Overall Feeling:	1 2 3 4 5 6 7 8 9 10	

Evaluation: Good session, shoulder frustrating me but managed to work around my injury.

Name

Date: 04.03.10

Time: 3.45-4.50

Training session / type: Weights

Venue: School Gym

Mesocycle: 2

Microcycle: 3

Weather conditions: N/A inside

Warm Up: Completed

Cool Down: Completed

Mental Approach	Rating: 1-10
Motivation:	1 2 3 4 5 6 7 8 9 10
Focus / Concentration:	1 2 3 4 5 6 7 8 9 10
Attitude / Dedication:	1 2 3 4 5 6 7 8 9 10
Energy Levels:	1 2 3 4 5 6 7 8 9 10

Difficulties / Injuries:

- Shoulder injury: prevented me from completing some exercises that heavily involved my right bicep tendon

Physical	Rating: 1-10
Lower Body:	1 2 3 4 5 6 7 8 9 10
Upper Body:	1 2 3 4 5 6 7 8 9 10
Cardiac:	1 2 3 4 5 6 7 8 9 10
Overall Feeling:	1 2 3 4 5 6 7 8 9 10

Adaptations:

Removed cable cross flys, bicep curl and shoulder press (right side only) and tricep pull down with rope. Increased sets of other exercises e.g. leg press

Evaluation:

Good Session for what I could complete, I was highly motivated though frustrated with injury. I enjoyed this session and believe my strength in some areas is improving rapidly and hopefully as a result my power will be increasing.

Name	Date: 05.03.10	Time: 3.45-4.50
Training session / type: SAQ		Venue: Sports Hall
Mesocycle: 2	Microcycle: 3	Weather conditions: N/A inside
Warm Up: Completed		Cool Down: Completed

Mental Approach	Rating: 1-10	Difficulties / Injuries: Shoulder still in pain, restricted use of technique on some exercises.
Motivation:	1 2 3 4 5 6 7 8 9 10	
Focus / Concentration:	1 2 3 4 5 6 7 8 9 10	
Attitude / Dedication:	1 2 3 4 5 6 7 8 9 10	
Energy Levels:	1 2 3 4 5 6 7 8 9 10	

Physical	Rating: 1-10	Adaptations: Reduced reps and sets of medicine ball throw as unable to complete without pain
Lower Body:	1 2 3 4 5 6 7 8 9 10	
Upper Body:	1 2 3 4 5 6 7 8 9 10	
Cardiac:	1 2 3 4 5 6 7 8 9 10	
Overall Feeling:	1 2 3 4 5 6 7 8 9 10	

Evaluation: Good session, focusing very much on improving technique in order to improve speed. I worked on refining my technique and even timing some runs through ladders to find out which technique resulted in greater speed. Very useful session to ensure all my exercises are being completed correctly in order to maximise my improvements towards the end of my development plan.

TRAINING SESSION & DIET RECORDS: MESOCYCLE 2, MICROCYCLE 4

Development plan - Diet Recording sheet:

Date:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08.03.10- 14.03.10							
Substances Consumed:	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 1 x banana - 1 portion of tomatoe based pasta with cheese - Small portion of low fat yoghurt, honey and muesli - Stir fry: containing one portion of chicken, large amounts of vegetables, plum, sauce and 1 portion of egg noodles - 1 portion of new York cheese cake - 1L of Cordial - Water 	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 1 x banana - 1 hot chocolate - 1 portion of quiche - Salad and cheese - Coleslaw - Sweet corn - Small portion of low fat yoghurt, honey and muesli - Stir fry: containing one portion of chicken, large amounts of vegetables, plum, sauce and 1 portion of egg noodles - 1 portion of new York cheese cake - 1L of Cordial - Water - Powerade 	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 1 portion of quiche - 3 herb potatoes - gravy - portion of carrots - sweet corn - 1 low fat peach yoghurt - 1 portion of garlic chicken breast - New potatoes - 1 portion of asparagus - 1 portion of brochillini - 1 portion of frozen new York cheese cake - 1L of Cordial - Water - Powerade 	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 1 pear - Portion of rice - 1 spring roll - 1 portion of sweet corn - 1 portion of coselaw - Small portion of low fat yoghurt, honey and muesli - Small portion of low fat sponge cake - yoghurt, honey and muesli - Jacket Potato with butter - Portion of Baked beans and grated cheese - 1 banana - Small bar of fruit and nut chocolate 	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 2 pork sausages - 1 hash brown - 1 portion of baked beans - Small portion of low fat yoghurt, honey and muesli - 1 piece of plain sponge cake - 1 portion of pad Thai curry - 1 portion of breadsticks, crisps and sour cream - Small portion of ice cream - 1 apple - 1L of Cordial - Water 	<ul style="list-style-type: none"> - 2 hot cross buns with butter - 1 fruit smoothie containing: milk, sorbet, frozen berries, mango and pineapple and orange juice - 1 piece of plain sponge cake - 1 large jacket potato with butter - 1 portion of grated cheese - 1 portion of baked beans - 1 portion of frozen new York cheese cake - 1 low fat strawberry yoghurt 	<ul style="list-style-type: none"> - Small portion of fruit salad - 1 hot cross bun with butter - 1 small banana smoothie; containing milk, bananas and honey - 1 raisin swirl - 1 portion of grilled salmon - 1 portion of green beans - portion of asparagus - 1 portion of bread with dip - 1L of Cordial - Water
Protein:	42g	38g	38g	36g	40g	38g	41g
Carbohydrate:	310g	275g	295g	310g	320g	310g	290g

Development plan - Diet Recording sheet:

Date: 15.03.10-21.03.10	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Substances Consumed:	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 2 oranges - 1 portion of pasta - 1 portion of bolognese sauce - 1 small slice of garlic bread - 1 portion of peach crumble and custard - 2 sausages - 1 portion of potatoes - 1 portion of asparagus and leeks - 1 low fat strawberry yoghurt - 1L of Cordial - Water 	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 1 orange - portion of lettuce and cucumber - half a cold sausage - 1 portion of coleslaw - 1 piece of chicken - 1 low fat peach yoghurt - 1 large jacket potatoe with butter - 1 portion of baked beans - 1L of Cordial - Water 	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 1 apple - Portion of lettuce - 1 portion of ham and chicken - Coleslaw - Sweet corn - 1 portion of pasta, tomato based sauce and cheese - 1 low fat strawberry yoghurt - 1L of Cordial - Water 	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 1 banana - 1 low fat strawberry yoghurt - Portion of lettuce - 1 portion of ham and chicken - Coleslaw - Sweet corn - 1 portion of pasta, tomato based sauce and cheese - 1 peach - 1L of Cordial - Water 	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 1 orange - Portion of lettuce and chicken - Coleslaw - Sweet corn - 2 sausages - 1 low fat strawberry yoghurt - 1 portion of lasagne - 1 portion of salad - 1L of Cordial - Water 	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 1 large bowl of muesli, honey and milk - 1 portion of roast chicken - 2 potatoes - broccoli - carrots - 1 sausage - 1L of Cordial - Water 	<ul style="list-style-type: none"> - 2 X Weet-bix and Milk - 1 large bowl of muesli, honey and milk - 2 pieces of garlic bread - 1 portion of chicken and mushroom pasta with creamy sauce - 1 portion of salad - 1L of Cordial - Water
Protein:	40g	36g	41g	37g	36g	39g	40g
Carbohydrate:	310g	300g	320g	270g	290g	270g	300g

Name: !

Date: 09.03.10

Time: 3.45-4.55

Training session / type: Weights

Venue: School, Gym

Mesocycle: 2

Microcycle: 4

Weather conditions: N/A inside

Warm Up: Completed

Cool Down: Completed

Mental Approach	Rating: 1-10
Motivation:	1 2 3 4 5 6 7 8 9 10
Focus / Concentration:	1 2 3 4 5 6 7 8 9 10
Attitude / Dedication:	1 2 3 4 5 6 7 8 9 10
Energy Levels:	1 2 3 4 5 6 7 8 9 10

Difficulties / Injuries:

Shoulder still sore however worked through this

Physical	Rating: 1-10
Lower Body:	1 2 3 4 5 6 7 8 9 10
Upper Body:	1 2 3 4 5 6 7 8 9 10
Cardiac:	1 2 3 4 5 6 7 8 9 10
Overall Feeling:	1 2 3 4 5 6 7 8 9 10

Adaptations:

I did not adapt my session

Evaluation:

Really good session for which I was highly motivated for and really enjoyed. As a result I was very focused. I concentrated on technique of lifts ensuring quick powerful muscular contraction.

Name:

Date: 11.03.10

Time: 2.45-3.45

Training session / type: Weights

Venue: School Gym

Mesocycle: 2

Microcycle: 4

Weather conditions: N/A inside

Warm Up: Completed

Cool Down: Completed

Mental Approach	Rating: 1-10
Motivation:	1 2 3 4 5 6 7 8 9 10
Focus / Concentration:	1 2 3 4 5 6 7 8 9 10
Attitude / Dedication:	1 2 3 4 5 6 7 8 9 10
Energy Levels:	1 2 3 4 5 6 7 8 9 10

Difficulties / Injuries:

Shoulder still causing problems

Physical	Rating: 1-10
Lower Body:	1 2 3 4 5 6 7 8 9 10
Upper Body:	1 2 3 4 5 6 7 8 9 10
Cardiac:	1 2 3 4 5 6 7 8 9 10
Overall Feeling:	1 2 3 4 5 6 7 8 9 10

Adaptations:

Removed right shoulder press from exercises

Evaluation:

Good session highly motivated and felt ready and up for heavy exercise. All exercises felt good that I completed however shoulder injury still painful when completing some exercises.

Name:

Date: 11.03.10

Time: 3.45-5.55

Training session / type: SAQ

Venue: School Sports Hall

Mesocycle: 2

Microcycle: 4

Weather conditions: N/A inside

Warm Up: Completed

Cool Down: Completed

Mental Approach	Rating: 1-10
Motivation:	1 2 3 4 5 6 7 8 9 10
Focus / Concentration:	1 2 3 4 5 6 7 8 9 10
Attitude / Dedication:	1 2 3 4 5 6 7 8 9 10
Energy Levels:	1 2 3 4 5 6 7 8 9 10

Difficulties / Injuries:

No specific injuries, legs were feeling slightly better in less pain with knees though still tight calves

Physical	Rating: 1-10
Lower Body:	1 2 3 4 5 6 7 8 9 10
Upper Body:	1 2 3 4 5 6 7 8 9 10
Cardiac:	1 2 3 4 5 6 7 8 9 10
Overall Feeling:	1 2 3 4 5 6 7 8 9 10

Adaptations:

Evaluation:

Having just completed a weights session I thought this session could be challenging however my energy levels were relatively high and I felt fairly fresh. I enjoyed this session and after talking over technique with Miss Salter previously I concentrated on technique and as a result thought I completed exercises at greater speed. I enjoyed this SAQ session.

Name:

Date: 12.03.10

Time: 1.45-2.45

Training session / type: SAQ

Venue: School, Gym

Mesocycle: 2

Microcycle: 4

Weather conditions: N/A inside

Warm Up: Completed

Cool Down: Completed

Mental Approach	Rating: 1-10
Motivation:	1 2 3 4 5 6 7 8 9 10
Focus / Concentration:	1 2 3 4 5 6 7 8 9 10
Attitude / Dedication:	1 2 3 4 5 6 7 8 9 10
Energy Levels:	1 2 3 4 5 6 7 8 9 10

Difficulties / Injuries:

No specific difficulties or injuries

Physical	Rating: 1-10
Lower Body:	1 2 3 4 5 6 7 8 9 10
Upper Body:	1 2 3 4 5 6 7 8 9 10
Cardiac:	1 2 3 4 5 6 7 8 9 10
Overall Feeling:	1 2 3 4 5 6 7 8 9 10

Adaptations:

Evaluation:

Again focused highly on technique this session, enjoyable though sore lower body muscles to an extent and shoulder still causing problems

Name:

Date: 16.03.10

Time: 11.10-12.20

Training session / type: SAQ

Venue: School Sports Hall

Mesocycle: 2

Microcycle: 4

Weather conditions: N/A inside

Warm Up: Completed

Cool Down: Had netball session after so shortened cool down

Mental Approach	Rating: 1-10	Difficulties / Injuries: Sore left knee, but no particular injuries felt
Motivation:	1 2 3 4 5 6 7 8 9 10	
Focus / Concentration:	1 2 3 4 5 6 7 8 9 10	
Attitude / Dedication:	1 2 3 4 5 6 7 8 9 10	
Energy Levels:	1 2 3 4 5 6 7 8 9 10	

Physical	Rating: 1-10	Adaptations: I did not have to adapt this session at all
Lower Body:	1 2 3 4 5 6 7 8 9 10	
Upper Body:	1 2 3 4 5 6 7 8 9 10	
Cardiac:	1 2 3 4 5 6 7 8 9 10	
Overall Feeling:	1 2 3 4 5 6 7 8 9 10	

Evaluation:

Effective session, again concentrating on technique but trying hard to implement more speed into exercises. I enjoyed this session, I worked hard and concentrated hard on fast feet and footwork patterns.

Name: .

Date: 16.03.10

Time: 3.45-4.50

Training session / type: Weights

Venue: School Gym

Mesocycle: 2

Microcycle: 4

Weather conditions: N/A inside

Warm Up: Completed

Cool Down: Completed – additional stretching

Mental Approach	Rating: 1-10
Motivation:	1 2 3 4 5 6 7 8 9 10
Focus / Concentration:	1 2 3 4 5 6 7 8 9 10
Attitude / Dedication:	1 2 3 4 5 6 7 8 9 10
Energy Levels:	1 2 3 4 5 6 7 8 9 10

Difficulties / Injuries:

Right shoulder was sore and causing pain in some exercises

Physical	Rating: 1-10
Lower Body:	1 2 3 4 5 6 7 8 9 10
Upper Body:	1 2 3 4 5 6 7 8 9 10
Cardiac:	1 2 3 4 5 6 7 8 9 10
Overall Feeling:	1 2 3 4 5 6 7 8 9 10

Adaptations:

Removed right shoulder lifts, and bicep curls

Evaluation:

I was very motivated, determined and focused for this session, I felt it went well, frustrated about my shoulder but just removed the activities which really obviously directly impacted and caused pain, therefore did not limit my session very much.

Name:

Date: 18.03.10

Time: 4.00-5.00

Training session / type: Weights

Venue: School Gym

Mesocycle: 2

Microcycle: 4

Weather conditions: N/A

Warm Up: Completed

Cool Down: Completed

Mental Approach	Rating: 1-10	Difficulties / Injuries: Very tight hamstrings from match and training on Wednesday. Sore right shoulder
Motivation:	1 2 3 4 5 6 7 8 9 10	
Focus / Concentration:	1 2 3 4 5 6 7 8 9 10	
Attitude / Dedication:	1 2 3 4 5 6 7 8 9 10	
Energy Levels:	1 2 3 4 5 6 7 8 9 10	

Physical	Rating: 1-10	Adaptations: Reduced the number of sets of hamstring curls to 2 as cramping causing pain. Removed right shoulder press
Lower Body:	1 2 3 4 5 6 7 8 9 10	
Upper Body:	1 2 3 4 5 6 7 8 9 10	
Cardiac:	1 2 3 4 5 6 7 8 9 10	
Overall Feeling:	1 2 3 4 5 6 7 8 9 10	

Evaluation:

Good session, some lifts felt easy in comparison to others, suggesting greater improvement in some areas than others. This was my last weights session before testing and I enjoyed it and was highly motivated, though frustrating I had to remove shoulder press and hamstring curl sets again.

Name:	Date: 19.03.10	Time: 4.00-4.45
Training session / type: SAQ		Venue: School, Sports Hall
Mesocycle: 2	Microcycle: 4	Weather conditions: N/A inside
Warm Up: Completed (additional stretching)		Cool Down: Completed

Mental Approach	Rating: 1-10	Difficulties / Injuries: Sore and tight hamstrings and calves.
Motivation:	1 2 3 4 5 6 7 8 9 10	
Focus / Concentration:	1 2 3 4 5 6 7 8 9 10	
Attitude / Dedication:	1 2 3 4 5 6 7 8 9 10	
Energy Levels:	1 2 3 4 5 6 7 8 9 10	

Physical	Rating: 1-10	Adaptations: No adaptations specifically, reduced the number of sets of some exercises which were causing pain.
Lower Body:	1 2 3 4 5 6 7 8 9 10	
Upper Body:	1 2 3 4 5 6 7 8 9 10	
Cardiac:	1 2 3 4 5 6 7 8 9 10	
Overall Feeling:	1 2 3 4 5 6 7 8 9 10	

Evaluation: Overall a good session, having to reduce some sets of exercises that were painful was frustrating. Concentrated on adding speed whilst ensuring technique was sound.
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Adaptations and changes I made throughout my programme to planned training sessions:

Throughout my programme at certain times I adapted my training: after Microcycle 1, I removed sprint/interval training from my programme, as this training placed increased pressure on my knees, causes tight lower leg muscles and cramping. It was causing me pain, and as a result negatively impacting upon my ability to perform in other training and matches and complete my SAQ and weights/resistance training correctly. I took this decision as I believe that the sprint training was only impacting upon me in a bad way, the benefits I was gaining from it were outweighed by the negative side effects that I received. Therefore I removed the sessions which resulted with me completing 2 SAQ sessions, and 2 weights sessions per week for the rest of the programme (microcycles 2,3 and 4).

Injuries of both my knees and the additional injury to my shoulder meant that I had to individually adapt many sessions throughout the programme, which has been recorded in each individual session evaluation recording sheet.

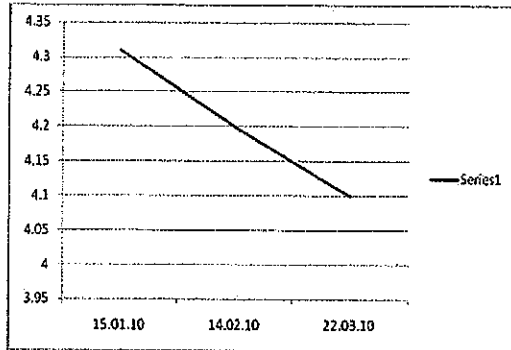
REVIEW & EVALUATION

Test Results and Graphs:

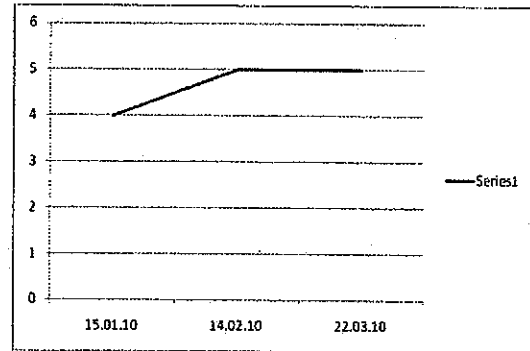
Test:	Beginning of Macrocycle: 15 th January	End of Microcycle 2: 14 th February	End of Microcycle 4: End of Macrocycle 22 nd March	Overall % change/ improvement:
Flying 30m:	4.31 seconds	4.20 seconds	4.10 seconds	4.87%
10m sprint:	2.5 seconds	2.3 seconds	2.0 seconds	20%
Sergeant Jump:	43cm	46cm	50cm	16.78%
1 Rep Max:				
Leg Press:	10 plates	13 plates	15+ plates	50%
Bench Press:	4 plates	5 plates	5 plates	25%
Seated Row:	13 plates	15 plates	20+ plates	53.85%
Hamstring Curl:	2 plates	2 plates	4 plates	100%
Cable Cross Flys:	3 plates	3 plates	4 plates	33%
Bicep Curl:	Left 10kg, Right 12kg	Left 12kg, Right 12kg	Left 12kg, Right 14kg	Left 20%, Right 16%
Shoulder Press:	Left 10kg, Right 12kg	Left 12kg, Right 12kg	Left 12kg. Couldn't test right	Left 20%. Right N/A
Lats Pull Down:	5 plates	6 plates	6 plates	20%
Leg Extension:	5 plates	5 plates	8 plates	60%
Tricep Pull down with rope:	5 Plates	7 plates	8 plates	60%
Fat %	17%	Did not measure	15%	11.78%
Weight	65.8kg	Did not measure	67.6kg	2.74%

Below are graphs I created to show my improvement of each individual tested element in order to allow me to visually see and assess my improvement. The 'series1' line is the indication of the improvement or steady state of my performance in the tests.

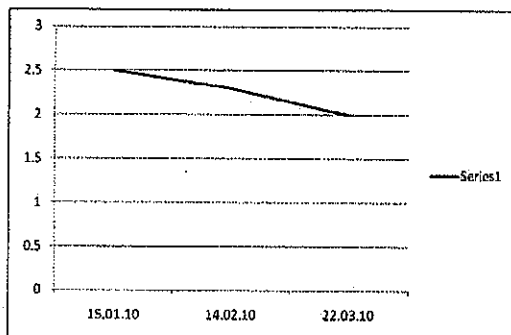
Flying 30m Graph:



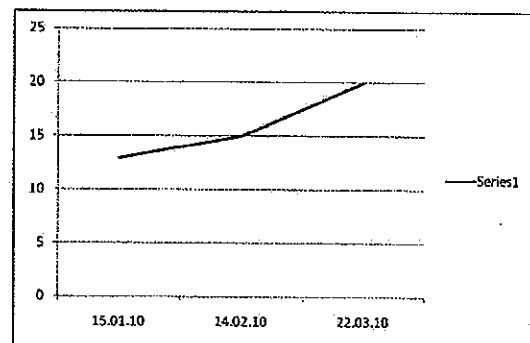
Bench Press:



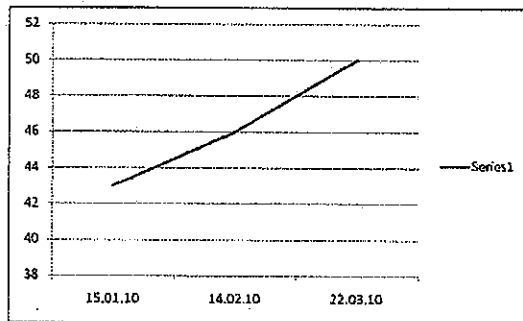
10m Sprint:



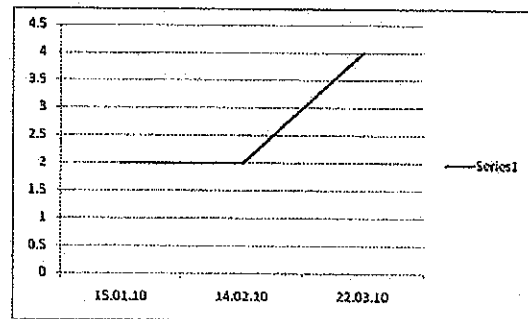
Seated row:



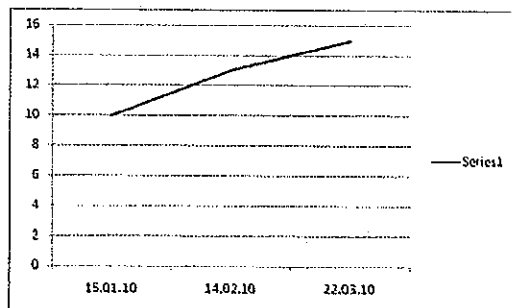
Sargent Jump:



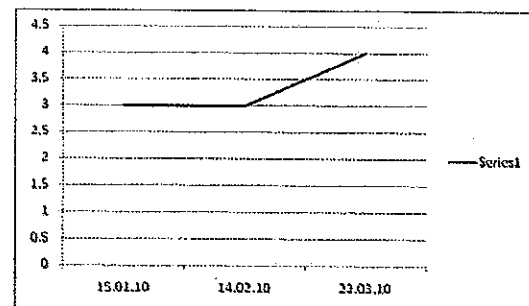
Hamstring curl:



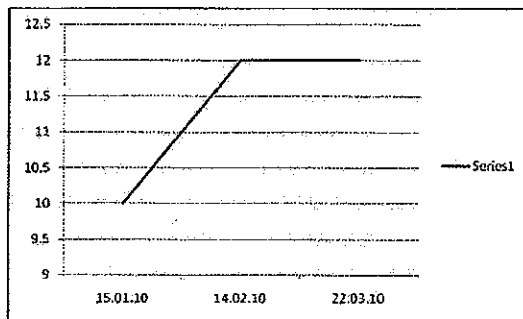
Leg Press:



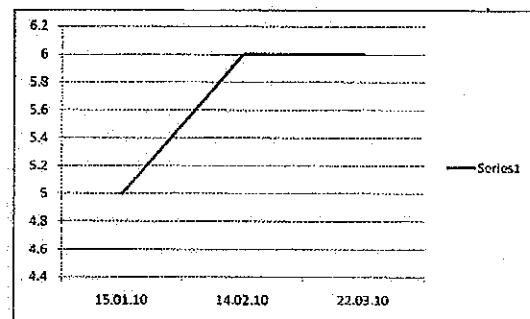
Cable Cross Flys:



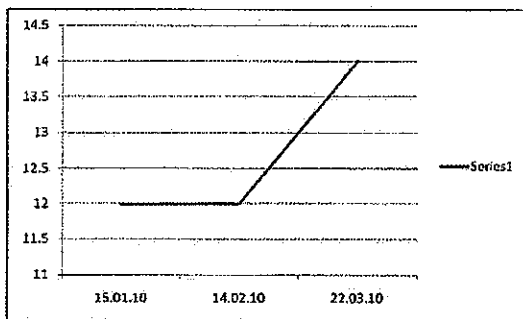
Bicep Curl (left):



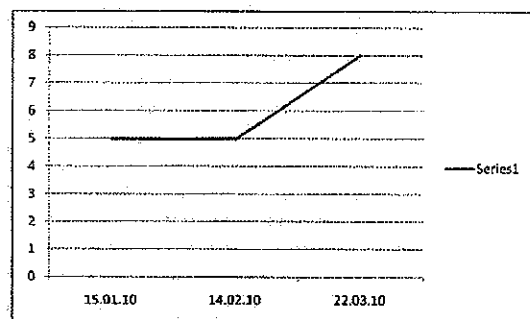
Lats Pull down:



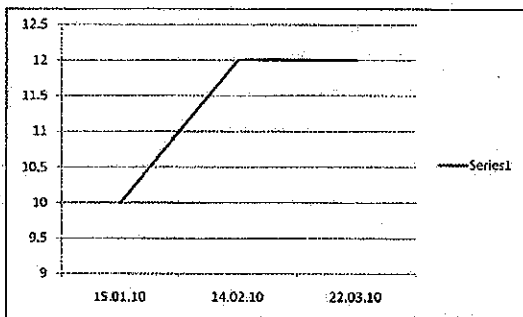
Bicep Curl (right):



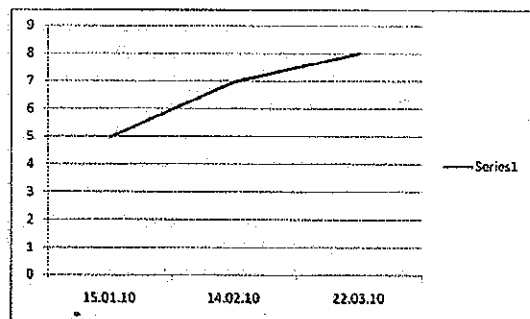
Leg Extension:



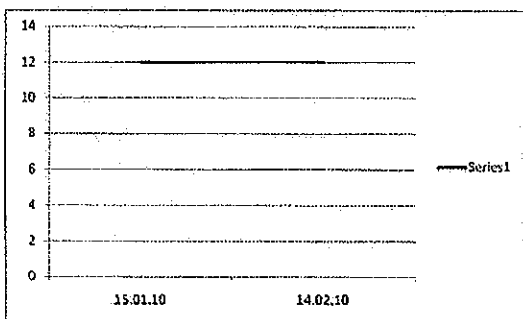
Shoulder Press (left):



Tricep Pull down with rope:

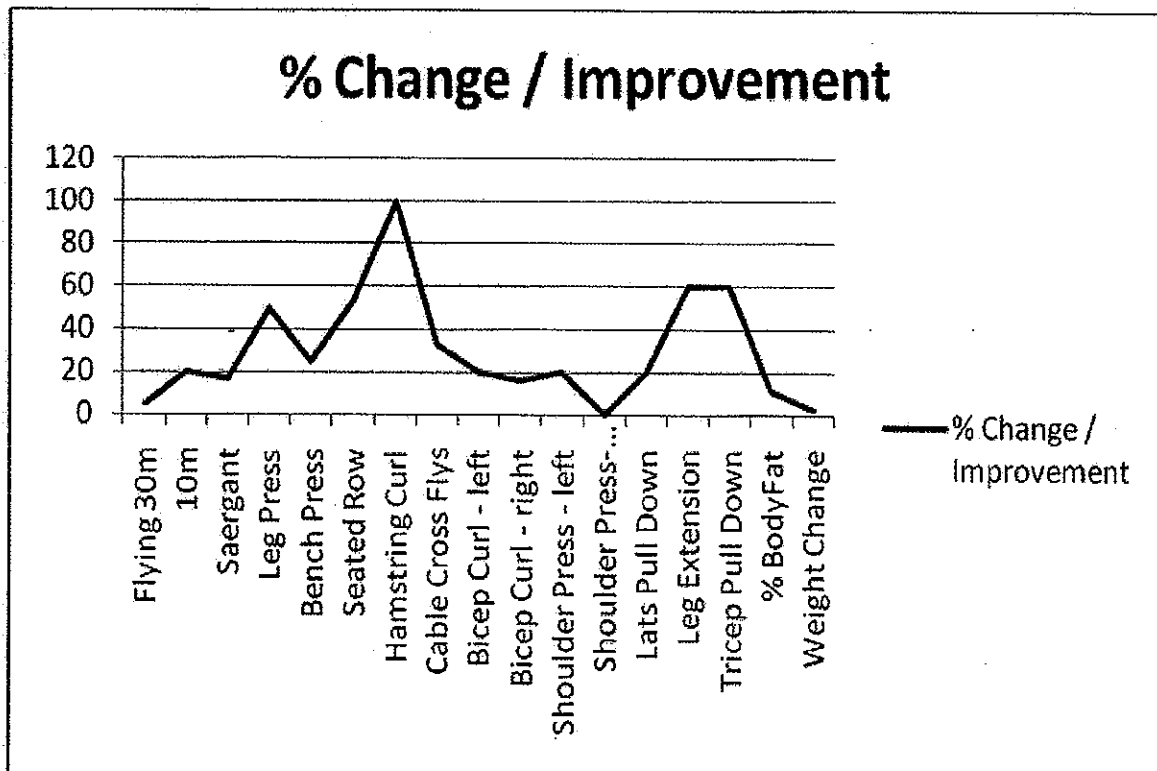


Shoulder Press (right):



Below is a graph showing my overall percentage change and improvement in each individual test ranked against each other. My data therefore indicates that I made the greatest improvements in the order of:

1. Hamstring curl
2. Leg extension, Tricep Pull Down
3. Seated Row
4. Leg press
5. Cable Cross Flys
6. Bench press
7. 10m Sprint, Left Bicep Curl, Left Shoulder press, Lats Pull Down
8. Seargent Jump
9. Right Bicep curl
10. Percentage body Fat
11. Flying 30m
12. Change in body weight



Review & Evaluation:

The aim of my 8 week development plan was to improve my acceleration and power. During this time period I did so, as my test results prove. Overall my development plan was successful- all of the areas that I tested improved to some extent, although some more than others.

I completed nearly all my sessions; there was just one session that did not complete during the time and I was forced to replace this one sprint training session with a weights session by injury. My timetable worked very well with my scheduled times, and then possible training times, these came in very usefully and I often used them due to factors such as general studies lectures, meetings, requirements to cover lessons, matches, injury reducing my ability to complete some sessions at initially planned times.

I had explored my diet and the amount of protein and carbohydrate I was consuming prior to commencing my programme. I was therefore aware of the need to up the amount of substance, in particular protein that I ate during my plan. I accurately recorded my consumed substances and stuck to the dietary modifications I found I needed to make through my research, though at school my control over the amount and substance that I ate was somewhat limited. I found it extremely hard to get the right amount of protein, even though I increased the amount of chicken, prawns and other high protein foods I ate. I briefly considered the idea of taking additional protein through shakes, however there are cost implementations of doing this and I did not feel it was necessary for me to do so in order to make improvements as my weights programme was a foundation programme concentrating on power and not aimed at increasing muscular hypertrophy. Having said this I made sure I paid specific attention to increasing and ensuring a consumed a maximum amount of protein for growth and repair to damaged muscles as both weights/resistance training and the concentric movements associated with SAQ training increased the need for protein. I also carefully monitored my carbohydrate consumption; this was a vital fuel for me as my training relied on glycogen as an energy source as my training was high intensity. Within my diet I attempted to constantly ensure that I ate at the right times to provide me with the correct balance to fuel my training and replaced any used fuel and provided protein, whilst maintaining hydration.

I applied the principles of training successfully to my programme, though I feel I should have paid more attention to overload and progression with some aspects of my plan. Though I ensured I warmed up and cooled down correctly for every session, I was injured for a relatively large amount of my programme, mainly through overuse injuries, meaning some sessions I could not complete to my full capacity, which was not only frustrating but also will have had an impact upon my test results. I overloaded my body to a too greater extent perhaps by not properly taking into account the large amount of sport in addition to my development plan sessions which I was undertaking, indicated by my timetable. It may have been more effective if I had planned fewer sessions per week and made them more intense, to give my body more time to recover. I did my best in order to ensure I always had one rest day a week (saturday) and spread my sessions the best I could across the two week period and if I was to redo my development plan I would consider this. Ideally I would be able to complete my plan at a time when I had total control of the other training that I did, not at peak season for both school and south netball however due to the circumstances and restrictions of the school year structure this was not possible. I feel I could have progressed my SAQ session to a greater extent, however I concentrated highly on technique and due to my knee injuries I did not

want to over stress my body. I attempted one session with the initially increased intensity however I did not feel it was to be beneficial as injury would overall and restrict potential increased improvement. Tedium was a factor which I thought would play a larger role in my development plan, I had initially planned to have a 'training buddy' who was completing similar session to me in order to keep me motivated however due to timetable restrictions and injuries of others this was not possible. The majority of my SAQ sessions were taken place alone and during most of my weights /resistance sessions were completed with others working in close proximity. I however did not feel particularly influenced by others, I was individually highly motivated and did not need others to motivate me or avoid feeling bored with my programme. I feel this may be because acceleration and power was an aspect of my game which I really wanted to improve so I was prepared to do the training in order to get good results. Injury did however greatly frustrate me throughout my development plan, and de-motivated me to an extent but I worked around the injuries of both my shoulder and knees and successfully adjusted and adapted my session in order to maximise the time I had given the restrictions of injury.

I was restricted slightly by time and at times facilities through the availability of the sports hall for SAQ sessions, however as previously mentioned I managed to work around these restrictions and they did not impact upon my programme to a great extent. The equipment available at school was ideal for what I required; both fixed and free weights were readily available in the gym and the correct ladders, huddlers, medicine balls and cones were also easily accessible at school. I took a rest week from the 15th to the 21st of July as this was half term; initially this decision was due to the fact that I did not have the equipment at home to complete SAQ sessions however I feel this worked out very well as my body needed time to rest and cover over half term and if I had not used this week to rest I would have been even more negatively affected by injury.

I feel that the clear cut structure of my sessions, the planning and time management of sessions, periodisation, motivation, diet adjustments are all aspects of my development plan that went well. The main element that did not go well was the injury problems I faced during my plan, as discussed earlier. Therefore if I was to go back and redo my plan I would pay more attention to this when planning and attempt to reduce the chances of injury, as both are aggravated by overuse I would more strongly consider and analyse the need for rest days and periods in order to recover and perhaps undertake my plan at a time when there are less demands on my body due to other commitments.

I feel I have a good understanding of all the scientific knowledge and concepts explored research and implemented within my development plan. I feel this understanding and ability to apply these learnt concepts and skills is illustrated by the improvements I made throughout my plan, as well as my analysis post- development plan. I initially found the recording of diet and sessions very interesting allowing me to discover habits that I had, such a following a relatively similar daily consumption routine and the times in a week when my pain levels where high and energy levels were low.

My testing results show improvement in all areas which I tested for, which is evidence for the fact that my development plan did work and improve my power and acceleration, as all the test I completed related to these aspects in some way. My percentage change graph indicates that I made the biggest gains in one rep-max of the hamstring curl, leg extension and tricep pull down; in order to improve my acceleration and sergeant jump before the programme I felt there was a need to

improve the power in my lower body which I achieved by completing my programme. Therefore I am very pleased I made these improvements and this shows that the areas I targeted during my programme were improved upon. The areas in which I improved to the least extent were change in percentage body fat, flying 30m and change in body weight; these are all areas and test which were least specific to my programme and I did not expect to see great gains in. I will have very rarely if at all used fat as a source of energy during my programme as all my sessions were high intensity and fat is only used for an energy source at the later stages of low intensity activity as the oxidative ability to convert fat into energy is slow, though very efficient. My slight weight gain is due to muscular hypertrophy as a result of my weights / resistance training. My speed over a flying 30m did not improve dramatically however I did not expect this to improve greatly as my programme aimed to improve power and acceleration, not speed. The 'flying 30m' eliminates acceleration and tests pure speed once the athlete is running at full pace, due to my slight weight gain it is not surprising that my speed did not increase greatly and the validity and accuracy of timing may have influenced the data for this particular test. Therefore overall my results indicate that my development plan was successful and that I achieved my aim of improving power and acceleration.

My data and graphs indicate that in most areas I had a relatively constant improvement; the gains I made at 'mid programme' testing were similar to the gains made between this date and the final testing. The gains made by my sergeant jump, hamstring curl, seated row, cable cross flies, right bicep curl, flying 30metres, 10m sprint and leg extension were greater in the second mesocycle whereas the improvements made for the leg press, bench press, left bicep curl and shoulder press, right shoulder press, lats pull down, and tricep pull down with rope were greater in the first mesocycle. The rate of improvement in these tests declined and in some cases I even experienced a plateauing effect where in the second mesocycle I did not make any additional improvement in the individual test. This is likely to be due to the 'law of diminishing returns' where improvements are pronounced in the early stages of a programme and then lessen once a certain level has been achieved.

I have only been able to obtain data of national averages for the flying 30m, sergeant jump test and body fat percentage due to the specificity of each one rep max and my age and gender. For the flying 30m I began in the 'excellent' category for my sex and age and ended in the same (top) category. For the sergeant jump I began in the 'average' category for my age and sex and throughout my plan advanced into the 'above average' category. I am considered a relatively large amount below average in body fat percentage, and am in the middle to lower end for body fat percentages of elite athletes. As I would expect a lot of netballers of my age who play at level I do to be in the top two categories for both the flying 30m and the sergeant jump and have a relatively low body fat percentage, I am pleased with my improvement and results compared to a national average.

The impact that this improvement has had upon my game is however subjective. I cannot provide an improvement through a personal best to 'prove' that my development plan was successful, as I don't compete in a sport which is based on measurements e.g. time or distance. However I have felt that the gains made by completing my development plan have had a positive impact upon my performance. In the past two south-regional games I have played in I have performed well as well as performing consistently well for school, I believe that my gains in acceleration and power have allowed me to do so. This may be partially psychological and the belief of improvement has impact upon my confidence, which has improved my performance however I genuinely feel that improved

power and acceleration has meant I am able to get free from players easier and am making more interceptions up the court. There was a period when I first began my training sessions when I felt I was performing badly in both training and matches for School, Oxfordshire, South- Regional League, as a result I decided to removed my sprint / interval training and replace it with additional SAQ and resistance sessions as a response to this my performance quickly improved again. When reflecting upon the success of my development plan I feel that the overall improvements I have made have had a big positive effect upon my game as well as my ability train.

I have thoroughly enjoyed the planning and research, performing and recording and reviewing and evaluation processes of my development plan and I am extremely happy with the benefits I have reaped. I feel it has been a very effective and rewarding process whereby my knowledge and understanding of training and the large range of topics and concepts that surround and support it has improved greatly.

Coach's testimonial:

Below is a paragraph written by Kristy Floyd, 1st VII netball coach at Cokethorpe School who has watched me train and progress over the period of my development plan, a from of subjective evidence to show how my improvement in acceleration and power has positively effected my game:

'During the past ten weeks Suzy has undergone a specific development plan to improve her acceleration and power for her school and regional netball. I have noticed a significant difference in her performance in both of these areas. Due to these positive improvements I have been able to utilise Suzy in centre court positions which require not only a high level of fitness but definite changes of pace and power in order to get free from defenders.'

Mrs K Floyd

Netball Coach

Bibliography:

Web pages:

<http://www.brianmac.co.uk/>

<http://www.brianmac.co.uk/flying30.htm>

<http://www.brianmac.co.uk/sgtjump.htm>

<http://www.brianmac.co.uk/fatcent.htm>

<http://www.ausport.gov.au/ais/sssm>

<http://www.ausport.gov.au/ais/nutrition>

<http://www.sportsinjuryclinic.net/cybertherapist/stretching/allstretches.php>

<http://www.brianmac.co.uk/eval.htm>

Books:

'Edexcel A2 PE'- Mike Hill, Colin Maskery and Gavin Roberts