Chosen sport:

**SMART goals**

Specific, Measurable, Attainable, Relevant, Time

1.

2.

3.

**Session outline**

From your training program, outline specifically what activities will be conducted in that session including amount of time, types of stretches, type of activity, time of rest breaks.

Warm up activities:

Set 1:

Set 2:

Set 3:

Cool down:

**Training program**

What are each of these training methods for?

Interval training \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Example

Continuous training \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Example

Circuit training \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Example

Plyometric training\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Example

Weight training \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Fitness testing**

List the reasons why you picked them for your sport

1.

2.

3.

Think about what they are sorted into cardiorespiratory endurance, power, muscular strength, coordination, flexibility, agility, speed, body composition, body composition. Reaction tine, muscular endurance

**Fitness testing**

Which of the fitness test that we have done in class is most relevant to your sport? **Select three**

* Beep test
* Sit up test
* Push up test
* Sit and reach test
* Skin fold measurements
* Power jumping test
* Agility stepping test
* Balance test
* Speed running test
* Reaction test

Your Name: