

# IB SEHS Final Project – Workout Plan

Due Friday June 1st – NO exceptions

## 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.

## **PART 1:** Create a binder portfolio for one month of a workout routine

- 30 days of workouts; rest day incorporated when it is beneficial for that athlete; for a specific athlete (Ex: Weightlifter, dancer, football player, hockey player, etc).
- **4 rest days must be included throughout the month. When YOU INCLUDE A REST DAY, YOU HAVE TO INCLUDE 2 PARAGRAPHS WHY IT IS GOOD FOR THAT ATHLETE TO USE A REST DAY THAT SPECIFIC DAY AND WHAT THEY SHOULD DO TO RECOVER.**
- **30 days of dietary intake**
  - Daily general calorie intake and percentage breakdown with rationale.
  - Target macronutrient sources (what are your main sources of each macronutrient)
  - Foods to avoid
- **Specific workouts.**
  - Workouts must be based around all principles of a training program including: Progression, Overload, Specificity, Reversibility, Variety, Periodization.
  - Workouts must include a variety of methods of training: flexibility training. Strength and resistance training, circuit training, interval training, plyometrics, continuous training, fartlek training/speed play, cross training.
  - **Each daily workout must include WHY the Training Method was used and HOW it follows the principle of training.**

## Portfolio will include:

- Cover for portfolio (in binder)
- 1 page research document about the athlete: Including but not limited to: When the best time for them to train is (example: offseason- what specific months). What type of workouts are the best for them. What should they do before a competition? Workout harder, rest?

- Descriptions of all of the following: Progression, Overload, Specificity, Reversibility, Variety, Periodization. (1 page total, must include brief description of each)
- Description of all of the following Training Methods: flexibility training. Strength and resistance training, circuit training, interval training, plyometrics, continuous training, fartlek training/speed play, cross training. (1 page total, must include brief description of each)
- Outline of the following ways exercise intensity can be monitored: Heart Rate Method, Karvonen Method (target heart rate), and Training heart rate range/zone. (1 page total, must include brief description of each, can use different methods if desired)
- Dietary recommendations (1 page total, general description why monitoring and regulating the diet of an athlete is important)
- 30 days of workout
- Works Cited

Cover for portfolio (in binder) 2.5 Points

1 page research document about the athlete. (12 point times new roman) 15 points

Description Pages - 2.5 points each x 5

30 Workouts - 1 Point for each workout including ALL of the following 30 points total

- Descriptions of all of the following: Progression, Overload, Specificity, Reversibility, Variety, Periodization.
- Description of all of the following Training Methods: flexibility training. Strength and resistance training, circuit training, interval training, plyometrics, continuous training, fartlek training/speed play, cross training.
- Outline of the following ways exercise intensity can be monitored: Heart Rate Method, Karvonen Method, and Training heart rate range/zone.
- Dietary recommendations (total calories to consumed & macronutrient ratios)

Detail of workouts- If workouts are not detailed with specific movements, **15 points will be taken away.** LAID OUT CLEAR, reps, movements, etc.

60 Points Total

