

**Case study – Personal training client**

**Planning periodised programmes**

<b>Client profile summarising the pertinent information used to design the programme</b>			
<b>Overview and analysis of previously collected health and fitness data</b>			
<b>Risk stratification tool used</b>		<b>Client's risk stratification level</b>	
<b>Periodisation strategy selected and reasons for selection (including how the strategy will progress the client towards goal achievement and how the principles of periodisation have been applied)</b>			
<b>How you selected exercises, training protocols, equipment and environments to meet the client's needs</b>			

Macrocycle/ Long-term goal(s)											
Mesocycle 1/ Medium-term goal(s)				Mesocycle 2/ Medium-term goal(s)				Mesocycle 3/ Medium-term goal(s)			
Microcycle 1:	Microcycle 2:	Microcycle 3:	Microcycle 4:	Microcycle 5:	Microcycle 6:	Microcycle 7:	Microcycle 8:	Microcycle 9:	Microcycle 10:	Microcycle 11:	Microcycle 12:

<b>Client's name</b>		<b>Phase of training</b>		
<b>Warm-up</b>				
<b>Equipment/ Activity</b>	<b>Time</b>	<b>Intensity</b>	<b>Notes</b>	
<b>Warm-up flexibility</b>				
<b>Main CV component</b>				
<b>Equipment/ Activity</b>	<b>Training system</b>	<b>Time</b>	<b>Intensity</b>	<b>Notes</b>
<b>Main resistance training section</b>				
<b>Exercise/training system</b>		<b>Equipment</b>	<b>Set/reps/ Intensity</b>	<b>Notes</b>
<b>Cool-down</b>				
<b>Equipment/ Activity</b>	<b>Time</b>	<b>Intensity</b>	<b>Notes</b>	
<b>Cool-down flexibility</b>				

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<b>Cool-down flexibility</b>				

**Adaptations and contingencies**

Session to be adapted				
Alternative environments (at least one indoor and one outdoor)	Adaptations to session to accommodate the alternative environment	Benefits and disadvantages	Possible hazards and risks	Health and safety requirements and ways to manage the identified risks

<b>How the session could be adapted for group personal training</b>			
<b>Ways to incorporate partner or group activities into the session</b>			
<b>Benefits and challenges of group personal training</b>		<b>Ways to maximise the benefits and minimise the challenges</b>	