

WCC VCE PE Sample Training Sessions

Training Method: Continuous Training

Date: _____ **Start Time:** _____ **End Time:** _____

Location: Blackburn Velodrome **Pre-workout mood:** _____

Warm-up: *15min easy ride to the velodrome (HR below 140bpm)*

Body: *Ride for minimum of 20mins trying to hit the following targets*

- Cadence= 90

- Heart rate= 150-165bpm (70-85% max HR) (RPE 3-7)

Cool-down: *15min easy ride to WCC*

Flexibility session *Seated hamstring stretch (left, right & both legs)- Hold for 15 secs each*

Seated quadriceps stretch (left and right)- hold both for 15 secs

Butterfly groin stretch: hold for 20 secs

Hamstring PNF stretch with theraband

Comments:

How you felt

What you'd change

Average H/R

distance covered

GPS file

Participants Signature:

Parents Signature:

Teachers Signature:

WCC VCE PE Sample Training Sessions

Training Method: Fartlek Training

Date: _____ Start Time: _____ End Time: _____

Location: Local Oval Pre-workout mood: _____

Warm-up: *10 min easy jog slowly building up intensity as you go*

Body:

Session 1	Session 2
60 second jog	60 second jog
30 second hard run	90 second 3/4 pace
30 second jog	45 second jog
10 second full sprint	10 second full sprint
30 second jog	30 second jog
Repeat 8-10 times	30 seconds run backwards
	30 seconds walk
	60 seconds run hard
	Repeat 3-4 times

Cool-down: *10min steady pace*

Flexibility session *Seated hamstring stretch (left, right & both legs)- Hold for 15 secs each
Seated quadriceps stretch (left and right)- hold both for 15 secs
Butterfly groin stretch: hold for 20 secs
Hamstring PNF stretch with theraband*

Comments:

How you felt
What you'd change
Average H/R
distance covered
GPS file

Participants Signature:

Parents Signature:

Teachers Signature:

WCC VCE PE Sample Training Sessions

Training Method: Short Interval Training

Date: _____ Start Time: _____ End Time: _____

Location: Local Oval Pre-workout mood: _____

Warm-up: *10 min easy jog slowly building up intensity as you go*

Body:	Sets	Reps	Distance	Recovery Time	Intensity (RPE)
	3	10	20 meters	20	9-10

(Short interval distances and at the highest possible intensity to target ATP-PC ES)
(Work intervals last 3-15 secs with W:R ration of 1:5+)

Cool-down: *5 mins at a steady pace*

Flexibility session *Seated hamstring stretch (left, right & both legs)- Hold for 15 secs each
Seated quadriceps stretch (left and right)- hold both for 15 secs
Butterfly groin stretch: hold for 20 secs
Hamstring PNF stretch with theraband*

Comments:

How you felt
What you'd change
Average H/R
distance covered
GPS file

Participants Signature:

Parents Signature:

Teachers Signature:

Interval Training Rules

Intervals	Energy System	Intensity (MHR)	Distance (m)	Time (secs)	W:R ratio
Short	ATP-PC Anaerobic	95%+	up to 50	2-15	1:5 or above
Intermediate	Glycolysis	85-95%	50-150	15-45	1:3
Long	Aerobic	70-85%	150+	45+	1:1 or below

WCC VCE PE Sample Training Sessions

Training Method: Intermediate Interval Training

Date: _____ **Start Time:** _____ **End Time:** _____

Location: Local Oval **Pre-workout mood:** _____

Warm-up: 10 min easy jog slowly building up intensity as you go

Body:	Sets	Reps	Distance	Recovery Time	Intensity (RPE)
	2	5	100 meters	50 secs(active)	8-9

(Relatively Short distances and at a high intensity to will result in metabolic by-product build up)

(Work intervals last 15-45 secs with W:R ration of 1:3-1:5)

Cool-down: 5 mins at a steady pace

Flexibility session Seated hamstring stretch (left, right & both legs)- Hold for 15 secs each
 Seated quadriceps stretch (left and right)- hold both for 15 secs
 Butterfly groin stretch: hold for 20 secs
 Hamstring PNF stretch with theraband

Comments:

- How you felt
- What you'd change
- Average H/R
- distance covered
- GPS file

Participants Signature:

Parents Signature:

Teachers Signature:

Interval Training Rules

Intervals	Energy System	Intensity (MHR)	Distance (m)	Time (secs)	W:R ratio
Short	ATP-PC Anaerobic	95%+	up to 50	2-15	1:5 or above
Intermediate	Glycolysis	85-95%	50-150	15-45	1:3
Long	Aerobic	70-85%	150+	45+	1:1 or below

WCC VCE PE Sample Training Sessions

Training Method: Long Interval Training

Date: _____ Start Time: _____ End Time: _____

Location: Local Oval Pre-workout mood: _____

Warm-up: *10 min easy jog slowly building up intensity as you go*

Body:	Sets	Reps	Distance	Recovery Time	Intensity (RPE)
	2	3	400 meters	90 secs(active)	7

*(Intervals should be run at top end of aerobic training zone to improve LIP)
(Work intervals last 1-6 mins with W:R ration of 1:1 or below)*

Cool-down: *5 mins at a steady pace*

Flexibility session *Seated hamstring stretch (left, right & both legs)- Hold for 15 secs each
Seated quadriceps stretch (left and right)- hold both for 15 secs
Butterfly groin stretch: hold for 20 secs
Hamstring PNF stretch with theraband*

Comments:

How you felt
What you'd change
Average H/R
distance covered
GPS file

Participants Signature:

Parents Signature:

Teachers Signature:

Interval Training Rules

Intervals	Energy System	Intensity (MHR)	Distance (m)	Time (secs)	W:R ratio
Short	ATP-PC Anaerobic	95%+	up to 50	2-15	1:5 or above
Intermediate	Glycolysis	85-95%	50-150	15-45	1:3
Long	Aerobic	70-85%	150+	45+	1:1 or below

WCC VCE PE Sample Training sessions

Training Method: Circuit Training(Fixed time)

Date: _____ **Start Time:** _____ **End Time:** _____

Location: WCC Gym **Pre-workout mood:** _____

Warm-up: *5 minute jog around the oval (5/10 RPE)*

Circuit Rules: *Following each station, there will be a 20 second rest
Following each set there will be 2-mins rest
Record how many exercises completed per set*

Station	Exercise	Time	Set 1	Set 2	Set 3
1	Push-ups	30 secs			
2	Crunches	30 secs			
3	Agility Runs	1 min			
4	Plank	1 min			
5	Skipping	30 secs			

Cool-down: *Slow jog/walk for 5 mins*

Flexibility session *Seated hamstring stretch (left, right & both legs)- Hold for 15 secs each
Seated quadriceps stretch (left and right)- hold both for 15 secs
Butterfly groin stretch: hold for 20 secs
Hamstring PNF stretch with theraband*

Comments:

How you felt

What you'd change

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Circuit Training methods

Fixed Load	Repetitions at each station are specified			
	Everyone performs the same reps			
	Doesn't take into account existing levels of fitness			
Individual Load	Number of repetitions at each station is specified for each individual			
	Pre-tests will determine individuals reps			
	50-75% of max will be target			
Fixed Time	Common for health related fitness components			
	Individual completes as many reps possible at a station in a specified time frame			
	Prevents waiting for stations to be free and makes it individual			

WCC VCE PE Sample Training Sessions

Training Method: *Resistance (weight) Training*

Date: _____ **Start Time:** _____ **End Time:** _____

Location: *WCC Gym* **Pre-workout mood:** _____

Warm-up: *5 minute jog around the oval (5/10 RPE)*

Body:

Exercise	Sets	Reps	Load
Squat	8	2	
Chest Press	8	2	
Lat Pull Down	8	2	
Sit-ups	20	2	
Tricep kick backs	12	2	
Bicep curls	12	2	
back extension	15	2	
lateral raises	12	2	

Cool-down: *Slow jog/walk for 5 mins*

Flexibility session *Seated hamstring stretch (left, right & both legs)- Hold for 15 secs each
Seated quadriceps stretch (left and right)- hold both for 15 secs
Butterfly groin stretch: hold for 20 secs
Hamstring PNF stretch with theraband*

Comments:

How you felt

What you'd change

Participants Signature:

Parents Signature:

Teachers Signature:

Resistance Training Aims/Guidelines

Aim	Load % 1RM	Sets	Reps	Speed	Rest (mins) between sets
Strength	80-95%	5-12	2-6	Slow	3-5
Hypertrophy	70-80%	3-10	6-12	Slow	1-3
Power	60-70%	3-8	2-10	Fast	3-5
Endurance	40-60%	2-5	15-40	Moderate	1-3

WCC VCE PE Sample Training Sessions

Training Method: Flexibility Training

Date: _____ Start Time: _____ End Time: _____

Location: WCC Gym Pre-workout mood: _____

Warm-up: *5 minute jog around the oval (5/10 RPE)*

Body:

Dynamic Stretches	Passive Stretches		
<i>Leg Swings sideways</i>	<i>Calf stretch</i>	<i>Back Extension</i>	
<i>Leg Swings forward</i>	<i>Hamstring Stretch</i>	<i>Shoulder Stretch</i>	
<i>Spine Rotation</i>	<i>!Quad Stretch</i>		
<i>Arm Swings</i>	<i>Groin Stretch</i>		
<i>Supine rotations</i>	<i>Glute Stretch</i>		

Cool-down: *Slow jog/walk for 5 mins*

Comments:

How you felt

What you'd change

Participants Signature:

Parents Signature:

Teachers Signature:

WCC VCE PE Sample Training Sessions

Training Method: Plyometrics Training

Date: _____ Start Time: _____ End Time: _____

Location: WCC Gym Pre-workout mood: _____

Warm-up: *5 minute jog around the oval (5/10 RPE)*

Body:

Exercise	Sets	Reps
Bounding	3	10
Box Jumps	3	10
Depth Jumps	3	10
Medicine Ball		
Throw Rotations	3	10
Clap Push-ups	3	5
Skipping	3	20

Cool-down: *Slow jog/walk for 5 mins*

Comments:

How you felt

What you'd change

Participants Signature:

Parents Signature:

Teachers Signature:

WCC VCE PE Sample Training Sessions

Training Method: Speed Training

Date: _____ Start Time: _____ End Time: _____

Location: Local Oval Pre-workout mood: _____

Warm-up: *10 min easy jog slowly building up intensity as you go*

Body:

Distance (meters)	Reps	
5	12	<i>(walk back to start position and repeat from</i>
10	10	
15	8	
20	5	

Cool-down: *5 mins at a steady pace*

Flexibility session *Seated hamstring stretch (left, right & both legs)- Hold for 15 secs each
Seated quadriceps stretch (left and right)- hold both for 15 secs
Butterfly groin stretch: hold for 20 secs
Hamstring PNF stretch with theraband*

Comments:

How you felt

What you'd change

Average H/R

distance covered

GPS file

Participants Signature:

Parents Signature:

Teachers Signature:

WCC VCE PE Sample Training Sessions

Training Method: Swiss Ball & Core Strength Training

Date: _____ **Start Time:** _____ **End Time:** _____

Location: WCC Gym **Pre-workout mood:** _____

Warm-up: *5 minute jog around the oval (5/10 RPE)*

Body:

Exercise	Sets	Reps
Plank	3	1 min
Side rotations	3	10
Roll Out (Ball)	3	10
Leg Curl (Ball)	3	10
Arabesque	3	10
Sit-ups (Ball)	3	20

Cool-down: *Slow jog/walk for 5 mins*

Comments:

How you felt

What you'd change

Participants Signature:

Parents Signature:

Teachers Signature: