

EPTI
L3 PT LAP GUIDANCE NOTES
Section B

**** THIS MUST BE USE WHEN COMPLETING L3 PT LAP ****



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Please follow this guidance to minimise the number of corrections that you may need to do to have your LAP signed off as being competent and complete.

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Download the Section B of the LAP from the Members Area onto your computer and save it, **replacing _student name_ L3 PT LAP with your name_L3 PT LAP as the name of the file.**

Edit the LAP using Adobe Reader only, other applications can cause the PDF to corrupt or not print correctly. Adobe Reader is free to download (see course overview email for link).

When you have completed the whole LAP section, email the completed PDF LAP to your tutor.

General Note:

For all LAPs → Please try to make your answers fit within the boxes provided in the LAP so that a '+' is not displayed.

Answer all boxes; "none" or "N/A" is **NOT** a valid answer.

Page Number	Notes:
16	SECTION B: CV & Resistance 8 week predictive progressive overviews
16	Predictive Programme Overview
<u>Overview:</u>	<p>BEFORE PROCEEDING, VIEW THE EPTI PERSONAL TRAINER 8 WEEK PROGRAMMING OVERVIEW VIDEO</p> <p>*** Level 3 PT 8 Week Programme Overview: http://youtu.be/dGjlpS0druo ***</p>

PLEASE NOTE

<p>16</p>	<p>using the templates provided, complete the CV and Resistance training overviews and email to your tutor when you have finished them.</p> <ul style="list-style-type: none"> - you will find provided below examples to follow as a guide for both the CV and resistance overviews - in terms of the progressive overview, you need to show some details of how you intend to 'progress' some of the training variables throughout the first 8 weeks of your clients training - you will use the highlighted information in these tables to write your client programme 1 (from week 4) and programme 2 (from week 8) later in section C. - the assessment criteria states that your 8 week predictive programme is based on training a client twice a week for an hour long session each time.
<p>CV 8 Week Overview</p>	<p>the assessment criteria states that you must use 2 different types of CV equipment and 2 different approaches in week 4 and week 8. (choose from 1. continuous (LSD), 2. Intervals, 3. Fartlek)</p> <ul style="list-style-type: none"> - we recommend that you use continuous (LSD) as the approach for the main component in weeks 1-4 - we recommend that you use intervals as the approach for the main component in weeks 5- 8 - the weeks weeks run down the first column and the variables along the first row. - you should show steady progression week on week by increasing %mhr and RPE by manipulating intensity, %mhr & interval periods (where appropriate). - ensure that you select specific %mhr for each week rather than a range - ensure that you programme both the work and rest intensities for the intervals in weeks 5-8 - ensure the progression is relevant to your client's planned progression over their short and medium term goals.

CV Programming:**CV Training Methods - Work: Rest ratios, %MHR & RPE**

Zone	CV Training Method	Work: Rest Ratio	%MHR	RPE
1	WARM UP	1:0	Progress to 50% mhr	PROGRESS FROM 1 TO RPE 5
2	LSD 1 (comfortable - below aerobic threshold)	1:0	60-75% mhr	RPE 6-7
3	LSD 2 & INTERVALS (between aerobic & anaerobic thresholds)	1:0 -> 1:1	75-90% mhr	RPE 7-9
4	INTERVALS (lactate)	1:2 -> 1:4	80-95% mhr	RPE 8-9
4	INTERVALS (creatine phosphate)	1:6	95-100% mhr	RPE 9-10
1	COOL DOWN	1:0	Regress to approx 30% mhr	REGRESS TO APPROX RPE 3

NB 1: The harder the work, the shorter the work interval and the longer the rest interval to allow for sufficient recovery in order to allow for the next working interval to be completed. Therefore at higher %mhr the work periods will be shorter than the rest or active rest recovery period.

NB 2: For the majority of clients' goals, interval timings of 1:1 -> 1:2 max (work:rest); and RPE 9 is probably as high as you want to programme for. Higher zone Lactate & CP intervals are more relevant training methods for conditioned clients or athletes training specifically for their sport

Example CV Overview:

WEEK	EQUIPMENT	CV TRAINING METHOD	TIME	INTERVAL/REST PERIODS	INTENSITY Speed/RPM SPM/resistance etc.	%MHR	RPE (1-10)
1.	(cv equipment 1)	method 1 (eg LSD)	10 mins	n/a	1.Speed/RPM/SPM 2.Resistance/gradient	% MHR	RPE
2.	(cv equipment 1)	method 1 (eg LSD)	10 mins	n/a	as above	% MHR	RPE
3.	(cv equipment 1)	method 1 (eg LSD)	10 mins	n/a	as above	% MHR	RPE
4.	(cv equipment 1)	method 1 (eg LSD)	10 mins	n/a	1.Speed/RPM/SPM 2.Resistance/gradient	% MHR	RPE
5.	(cv equipment 2)	method 2 (eg intervals)	10 mins	__ secs work: __ secs rest intervals x__	Work: 1.Speed/RPM/SPM 2.Resistance/gradient Rest: 1.Speed/RPM/SPM 2.Resistance/gradient	% MHR	RPE
6.	(cv equipment 2)	method 2 (eg intervals)	10 mins	__ secs work: __ secs rest intervals x__	as above	% MHR	RPE
7.	(cv equipment 2)	method 2 (eg intervals)	10 mins	__ secs work: __ secs rest intervals x__	as above	% MHR	RPE
8.	(cv equipment 2)	method 2 (eg intervals)	10 mins	__ secs work: __ secs rest intervals x__	Work: 1.Speed/RPM/SPM 2.Resistance/gradient Rest: 1.Speed/RPM/SPM 2.Resistance/gradient	% MHR	RPE

<p>Resistance 8 Week Overview</p>	<p>the assessment criteria states that you must use 4 different resistance training systems over programme 1 (week 4) and programme 2 (week 8).</p> <p>remember that the assessment criteria states you will be training the client twice a week, so if you plan to split the resistance training programme, it should be no more than a 2 day-split routine.</p> <p>these will also form the programme in your observed practical assessment on the practical course.</p> <ul style="list-style-type: none"> - we recommend that you employ the following 4: - week 4: multiple sets & forced reps - week 8: super-sets & tri-sets - you must also make use of both resistance machines and free weights (including cables) - you should show steady progression week on week by increasing the training variables, manipulating intensity by changing or adding training systems, increasing %1rm. - ensure at each week the variables are specific (ie %1rm, reps, rest period etc) - reps will naturally decrease as %1rm increases - rest periods will naturally increase as %1rm increases - due to the number of exercises that need to be planned by the LAP assessment criteria, we recommend keeping sets in wks 1-4 to 2 sets; and sets in wks 5-8 to 3 sets - the closer the %1rm is to the lower end of the training zone, the higher the reps and lower the rest period within the parameters of that training zone - the closer the %1rm is to the upper end of the training zone, the lower the reps and higher the rest period within the parameters of that training zone - ensure the progression is relevant to your client's planned progression over their short and medium term goals.
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Resistance Programming:Resistance Training Outcomes

Training Zone			
	MUSCULAR ENDURANCE	HYPERTROPHY	STRENGTH
INTENSITY	Low	Moderate	High
%1RM	Less than 67% 1rm	67- 85% 1rm	More than 85%
REPS	12-20	6-12	1-5
REST PERIOD	30-60 seconds	1-2 minutes	3-5 minutes

Example Resistance Overview:

Wk	Programme type	Equipment used	Training outcome	Sets	Rep range	Intensity (%1rm)	Training method	Rest (secs)
1.	Whole body	Resistance machines	Muscular endurance	2	20	60 %1rm	Multiple sets	30s
2.	Whole body	Resistance machines	Muscular endurance	2	reps	%1rm	Multiple sets	sec
3.	Whole body	Freeweights, machines	Muscular endurance	2	reps	%1rm	Multiple sets	sec
4.	Whole body	Freeweights, machines	Muscular endurance	2	15	66 %1rm	Multiple sets, Forced Reps	45s
5.	Whole body	Freeweights, machines	Hypertrophy	3	12	68 %1rm	Multiple sets, Supersets	60s
6.	Whole body	Freeweights, machines	Hypertrophy	3	reps	%1rm	Multiple sets, Tri sets	sec
7.	Whole body	Freeweights, machines	Hypertrophy	3	reps	%1rm	Multiple sets, Super sets, Forced Reps	sec
8.	Whole body	Freeweights, machines	Hypertrophy	3	8-10	75 %1rm	Multiple sets, Tri sets, Supersets	80s