Step five – Planning a periodised programme

During the course you will need to collect relevant data (e.g. fitness assessments) and design a periodised personal training programme for your client. The periodised plan must:

- Be at least 12 weeks long and consist of at least three 4-week-long phases of training (mesocycles), or other periodised structure appropriate to the client's goals.
- Include details of FITT (frequency, intensity, time, type) for each weekly microcycle that demonstrates progression within the mesocycles and over the course of the planned programme.
- Apply the principles of periodised programme design.

Commentary

To accompany the periodised programme you will also need to produce a written commentary/rationale to explain your reasons for each aspect of the periodised programme. The commentary/rationale must include:

- An analysis of previously collected health and fitness data to correctly risk-stratify the client.
- A client profile summarising the pertinent information used to design the programme.
- An explanation of the periodised strategy selected, how this strategy will progress the client towards goal achievement and how the principles of periodisation have been applied.
- An explanation of how you selected exercises, training protocols, equipment and environments to meet the client's needs.

Session plans

You must design three detailed session plans, one from each phase of training, to include:

- A range of CV, resistance and flexibility exercises suitable for the client.
- Exercises specific to the client's stated goal(s) and suited to their ability and phase of the programme.
- Environments and activities that reflect the client's identified preferences.
- Appropriate warm-up and cool-down components relevant to the main session.

Adaptations and contingencies

For one of the detailed sessions you will need to:

- Identify a range of alternative environments (a minimum of one outdoor and one indoor environment) that could be used. Ensure any alternative environments are suitable for your specific client.
- Explain how the session and exercises would need to be adapted to accommodate each of the alternative environments.
- Explain the benefits and disadvantages of each training location for you and your client.
- Identify the possible hazards and risks of each environment.
- Describe the health and safety requirements and identify ways to manage the identified risks.
- Explain how the selected session/exercises/methods and techniques could be adapted to become a group personal training session.
- Explain the benefits and challenges of group personal training and identify ways to maximise the benefits and minimise the challenges.
- Describe ways to incorporate partner or group activities into the session.

You must include a copy of the periodised plan and all associated evidence within your portfolio.

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