

Personal Training Report

Client profile and analysis

My client (referred to as client in this report for confidentiality) is a 52year old woman who has previously participated in structured physical activity, such as; running, gym based training, high intensity interval training (HIIT) and pilates. Her primary goal is to get back to running and complete a half marathon in October, as she has done before but in the last 2 months has had a break from structured exercise due to time, injury and personal affairs. Increasing muscle tone, strengthening the core and boosting running performance, particularly speed and endurance, were her secondary objectives.

At the time of our consultation, my client informed me that she used to run for about half an hour twice a week, attend the gym and go for walks with her dog but she also stated that there were many obstacles in her routine. Examples she gave me were, low self confidence in the gym, low level of equipment knowledge and irregular enthusiasm. Attendance may have been affected by her lifestyle, which involves being sat at a desk for work as she is a librarian assistant, early mornings, 6-7 hours of sleep and unscheduled weekends.

Pre-hypertensive blood pressure (136/93 mmHg), low iron levels and occasional dizziness were found during the health check, requiring careful intensity regulation. Although there were only four monitored sessions, my client was supported with 8 weeks of structured and independent training. This evidently promoted stability and progress to ensure she was still exercising when we weren't doing out in person sessions.

Programme design

The 8 week training programme was designed by using key training principles; including specificity, progressive overload, individualisation, ensuring alignment with Client A's goal and personal preferences, and health status. The primary objective was to gradually cardiovascular endurance, muscular strength and confidence while allowing a healthy and productive reintroduction to structured exercise.

Programme structure -

The weekly structure consisted of:-

- 1 gym based resistance session
- 2 strength sessions
- 1 Interval session

This structure was selected to allow for proper recovery while combining muscular and cardiovascular development. This routine is in support of general exercise guidelines for performance and health given the clients current level of fitness and minimal knowledge of technique (ACSM, 2021).

Initial phase (weeks 1 - 2) Reintroduction and movement preparation

Reintroducing routines for movement and establishing the foundation for fitness were the main goals of the first phase. To boost mobility and activate important muscle groups, exercises like bodyweight squats, glute bridges and light treadmill workouts were included. To incorporate muscular endurance and skill development, resistance exercises were carried out at a moderate intensity (10-12 reps).

In order to reduce the risk of injury and boost my clients confidence, machines such as leg press and lat pulldown became a top priority during this phase, as we wanted to correct the technique from early stages. According to research, due to the fact that machine based exercises provide stability and controlled movement patterns, they may be beneficial for beginners or people who lack confidence (Schnick, 2010).

Development phase (weeks 3 - 6) Progressive overload

Training intensity and volume were gradually raised during this phase. Running sessions developed from constant state workouts to interval training, which alternates active recovery with periods of increased running intensity. Running performance and cardiovascular fitness have been proven to be greatly improved by interval training. Particularly through a higher VO2 max (Gibala, 2012).

Heavier load, more sets and fewer rest intervals were used to progress with resistance training. Exercises like Romanian deadlifts (RDLs) and goblet squats were included to improve running mechanics and functional strength. Exercises for the core, which help with posture and spinal stability, were kept standard. We did exercises such as russian twists and planks.

To ensure a successful adjustment without excessive exhaustion, progressive overload was carefully monitored. Given the clients age and how they presented me with their background of low iron levels, which sometimes affected recovery and energy levels, it was particularly important to monitor.

Performance phase (weeks 7 - 8) Goal preparation

Preparing the client for more demanding running sessions was the primary objective of the last phase. To better mimic race conditions, running time was increased during warmups and effort overall was increased. The intensity of strength training was also increased, with a focus on maintaining strength gains while reducing total volume to avoid fatigue.

In order to guarantee that training aligned with the needs of my clients goal event, this phase focused strongly on specificity. High levels of specificity is important for optimising performance outcomes, according to principles of training (Kenney, Wilmore & Costill, 2020).

Considerations of health and safety

The rate of perceived exertion (RPE) scale was used to measure exercise intensity due to my clients elevated blood pressure and occasional dizziness. Gradually, high intensity sessions were introduced, and changes were made as required. Her low iron levels also needed close review as fatigue did step in. Sessions were adjusted in accordance with her everyday life, in an adaptable and client focused approach.

Psychological and behavioural strategies

Addressing psychological challenges was an important aspect of the procedure. Some of the techniques for building up confidence consisted of;

- Machines and equipment being introduced progressively
- Straightforward advice and examples
- Positive feedback and reinforcement

Also, goal setting was applied, with both short term (weekly routine) and long term (completing the half marathon) goals were created. According to goal setting theory, performance and motivation are boosted by defining straightforward objectives that are challenging (Locke & Latham, 2002).

Programme overview

Week	Focus
1-2	Reintroduction, technique, low intensity
3-4	Increased volume, moderate intensity
5-6	Interval training introduced, strength progression
7-8	High intensity, performance preparation

Overall, a safe, progressive and successful training experience was made possible by the programs thorough customisation to the clients physical needs, psychological factors and performance objectives.

Reflections

The 4 in person sessions provided a valuable insight on my growth as a personal trainer, pointing out both my strong points and my potential for improvements and progress.

What went well -

The growth of a good trainer and client relationship was one of the primary benefits it provided. I was able to understand Client concerns, especially those connected to motivation and confidence, through effective communication and attentive listening. This

made it possible for me to change my coaching style and provide a friendly environment that encouraged participation.

Another great characteristic was exercise instruction. For example, I improved technique during a typical goblet squat by using clear verbal instructions and demonstrations. As a result, the session saw noticeable improvements. It has been shown that combining verbal and visual feedback enhances physical learning and skill development (Magill & Anderson, 2017).

Additionally, the structure of the sessions worked well. Every session had a set routine that included a warm-up, the primary exercise, and a cool-down. The client seemed more structured and self-assured as a result of this consistency, which improved motivation.

Challenges encountered -

Managing the clients low confidence when using the gym equipment was one of the primary obstacles. She was initially reluctant to engage with some of the machines. In order to cope with this, I gradually increased her independence by giving her clear instructions and reassurance.

Adapting to changes in her energy levels as an outcome of her low iron state presented another difficulty. She felt tired earlier than expected during one session. In response, I extended intervals of rest and decreased intensity. This demonstrated the importance of adaptability and putting the wellbeing of clients before strict program adherence.

Another component that needed work was time management. Due to lengthy explanations, some sessions went on longer than planned. Although this helped my client with learning, more efficiency should be the goal of future sessions.

Modifications and adaptability -

Throughout the sessions, adjustments were made to ensure both quality and safety, some examples include:

- Reducing resistance when the technique was not done correctly.
- Prolonging warm ups on days when fatigued or stiff.
- Based on RPE, running intensity changed.
- Changing some exercises, which were done on the gym floor, due to previous discussed injuries.

These alternations really show the importance of constant evaluation and adaptability in personal training sessions.

Communication and motivation -

The requirements of the client were carefully taken into account when developing methods for motivation. Goal-focused feedback and positive reinforcement worked particularly well. She was able to stay motivated and encouraged by linking her

exercises to her half marathon goal. Encouraging self reliance was also important. The clients self esteem improved as sessions went on, shown by their increasing confidence in a variety of exercises on their own terms.

Overall reflection -

Overall, the clients motivation, self assurance and physician involvement all improved as a result of the sessions. Technical based knowledge, adaptability and communication were all amongst the strengths. Time management and improving session delivery are areas that need improvement. The importance of tailoring in customised training was strengthened by this experience. Any clients you are faced with have different needs, requiring an adaptable and immediate approach to the situation in hand. Therefore, in order to ensure successful and effective sessions, I would like to keep improving my skills to maintain a balance between the ability to adapt to any scenario.

References

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Appendices

- [Consultation notes](#)
- [Week 1 programme Card](#)
- Sessions plan - (Programme - Advice on running/interval/progression in training, Technique, Be quite hardline but positive)