

Personal training report -

This report will outline an 8 week training plan designed and implemented for a 45year old female client. Her primary goals were to become more confident and comfortable in the gym, whilst specifically focussing on enhancing core strength and ability, aiding her running sessions.

Prior to designing the program for the client, a comprehensive consultation appointment was conducted; in this session the client sets goals, targets and undergoes a physical activity readiness questionnaire and screening otherwise known as a PAR-Q. The PAR-Q also looks into a person's training history and lifestyle. The baseline assessments covered in the PAR-Q, were basic health screenings, including; heart rate, blood pressure, height and weight. The client's PAR-Q showed no contraindications to exercise and was deemed healthy to partake in the exercise program.

The individual is in training for a half marathon, running 2-3 times a week, indicating that her cardiovascular endurance levels are good. The main focus of the plan was to build on muscular endurance and strength to aid training for the half-marathon. To enhance running efficiency, focus on the core will allow the client to improve overall stability, running technique, breathing and will reduce the risk of injury.

The client had previously attended the gym 2-3 times a week, however this stopped a year ago, indicating that she has baseline knowledge of structured gym plans and machine equipment. However, due to the stop beforehand, she felt it was best to go back to the novice stage to begin with, and build up confidence and a variety of exercises for our 8 weeks. She did note some mild knee discomfort in certain angles, however through medical advice from a practitioner, there was no major structural damage. This information allowed me to tailor her plan to specific exercises that have load management.

The 8 week training plan, focused on overall improvement in muscular strength and endurance, particularly in the core musculature. The individual was looking to partake in 2-3 sessions a week, to comply with her running sessions. One session a week would be supervised, she would then go forth onto completing individual sessions 1-2 times from there. Following the ACSM guidelines, the first stage of the training plan was tailored to 2x a week to ensure proper recovery time and noticeably less stress on the body. As the plan progressed, the session frequency increased to 3x a week.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Full body session	Running	Full body session	Rest day	Running	Rest	Rest
Week 2	Full body	Rest	Full body	Running	Rest	Running	Rest

	session						
Week 3	Full body session	Running	Rest	Running	Full body session	Rest day	Rest day
Week 4	Full body session	Running	Full body session	Rest day	Running	Rest day	Rest day

The first 4 weeks of the training plan is shown in the table above. The sessions began 2 times per week. During the initial sessions the focus was on setting the correct resistance and technique for free weight exercises later in the program. Machine base exercises were selected to enable the client to confidently complete them in independent sessions, directly addressing the individual's goal of being independent and confident in the gym.

Exercise selection was very specific in choosing multijoint based exercises, the session was 45mins -1 hour long, doing 2 full body sessions. To ensure that all target areas got completed multijoint exercises were the best option. The 7 functional movements were incorporated in each session, these being; squat, lunge, hinge, pull, push, twist and gait. Core exercises were also incorporated into every session, focusing on anti-extension and anti-rotation practices. These were specifically chosen as she is a runner and are essential for maintaining correct running technique, whilst also taking load and stress off the proximal area of the legs; knee and achilles.

Progressive overload was also introduced throughout the program, ensuring that maximal muscular strength and endurance was gained. Continuous weight increase increments, throughout the weeks, provides the client the opportunity to feel pushed to the maximum every week. Research shows that progressive overload with just load and not repetitions, shows increase for dynamic movements over an 8 week training plan. Dynamic movements include running (Plotkin *et al.*, 2022). Subsequently, due to the client being a novice to begin with, 2 sets were mandatory in the beginning to account for muscle loading and stress, decreasing risk of injury. As the weekly sessions progressed, it did increase to 3 sets to allow for added hypertrophy and loading to the muscles.

Following the ACSM guidelines, 8-10 repetitions of each exercise was implemented. It is optimal for hypertrophy of the muscles whilst simultaneously building muscular strength and endurance. Focusing on one of the outcomes alone was deemed unnecessary as there was no set goal in the musculature development of strength or power. Enhancing overall hypertrophy to support running was the main outcome.

Towards the end of the program more free weight exercises were prescribed. As the client's competence and confidence built in the gym, more complex movements were necessary to finalise the goal targets . The individual was introduced to both bi-lateral and unilateral dumbbell exercises, these exercises require more concentration, coordination and balance to complete them correctly. Throughout the 8 week period, before the resistance training portion of the plan began, activation and mobilisation skills were completed. This allowed the client to practice and perfect techniques that got used within the later sessions. Still focusing on the

7 functional movements, adding free weight exercises into the plan enabled the individual to mimic movements generated when running.

Overall the program was fully tailored to the clients needs and wants within the gym, ensuring that all of her goals will be fulfilled within the 8 week training plan. Both lower body and core strength were enhanced, aiding technique and abilities when running. The load progression of both load and sets allowed clear indications of measurable change from the first weeks of training with less fatigue whilst doing so.

Throughout the 8 week training plan, noticeable positive outcomes were obtained in both physical and psychological aspects. Showing clear confidence within a gym environment at the end of the sessions. Alongside this, clear physical changes were found, adapting to new weights and exercises as the weeks progressed, with comfortability and ease.

When beginning the free weight portion of our training plan, there was slight hesitation in new exercises, requiring added reassurance and demonstrations more regularly, however this changed naturally as the weeks progressed. Indicating clear improvements and self-efficacy in the gym, hitting one of the goal targets discussed within the consultation.

The core stability portion of the training plan had many positive outcomes, with clear added strength toward the end of the program. In certain sessions, the client did struggle with some of the given exercises due to the slight pain in her knee. I quickly had to overcome this challenge and think of new exercises that no longer involved any movement of weight onto the knee. To begin with I did find this slightly difficult due to the array of exercises that can be prescribed to an individual that do involve both movement and load onto the knee. After the first session of this happening I ensured that I incorporated both styles of core exercises, to ensure that if it happened again I could overcome the challenge quicker, allowing her to still have multiple exercises to complete, gaining the most out of the session.

Within the resistance portion of the sessions, the individual faced difficulties with the hinge pattern of a movement. This was challenging as different coaching points had to be thought of on the spot to try and help with knowledge and understanding of the movement. This difficulty limited movements that could be performed within the main portion of the session. Additionally, it meant that more time was allocated in the mobilisation and activation portion of the session trying and testing new methods of the hip hinge pattern. After a few weeks of this, the individual did begin to understand the movement, with work in both individual sessions and videos at home, the challenge was overcome.

From the coaching point of view, modifications were made throughout the weeks. To begin with, coaching points were more direct to ensure safety and correct technique was complete. Towards the end of the program, a more collaborative approach was taken. Once techniques were perfected, I could focus more on encouragement. For example, the gradual development of free weight exercises allowed the client to have more independence, both on readiness and load. She was able to do this after trying multiple repetitions, enhancing her personal goal of confidence and comfort within the gym.

Overall, I feel the experience went well, both communication and adaptation to exercises were reinforced correctly. The client achieved her goals and outcomes of overall body and core strength, whilst increasing confidence and comfortability in the gym environment.

Word count - 1483

References -

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Appendix -

<https://docs.google.com/document/d/1pREZ6k8rZUwardNDtRe43C4msrMgV2IuUyizOJplPiY/edit?usp=sharing> - overview of consultation

Copy of PAR-Q form -

PAR-Q and Informed Consent Form

Personal details

First Name	Camm
Last Name	Evans - Thomas
Student Number	
Course	
Year	

Please answer the following questions fully and truthfully as it may affect your safety whilst exercising

	YES	NO
Has a doctor told you that you have a heart condition AND must seek medical advice before participating in regular exercise?		☒
Do you feel a pain in your chest when you perform physical activity?		☒
Have you ever had a chest pain when not doing physical activity?		☒
Do you lose your balance due to dizziness or do you ever lose consciousness?		☒
Do you have a bone or joint condition that could be made worse through physical activity?		☒
Are you currently taking any medication for a heart problem?		☒
Do you take any other medications on a regular basis?		☒
Have you had recent surgery?		☒
Do you have any chronic health conditions such as asthma, diabetes?		☒
Women Only: Are you pregnant or have you given birth in the last 6 months?		☒

If you have answered YES to any of these then please give details below:

Supplements - Magnesium
Some pain in knee however no cause for concern + know limits

If you have answered YES to one or more of these questions, then it would be advisable to talk to your doctor before starting exercise. Please comment below if you have any further information regarding your health, physical or otherwise, that has not been covered by the above questions (i.e., past, or present injuries):

Declaration, Terms & Conditions

I have read, understood, and completed this questionnaire to the best of my knowledge and can confirm that the information I have provided is correct. I understand that I am expected to participate in physical activity and exercise as this is a necessary element of the degree. This may include exercise to exhaustion and maximal efforts. I am aware that participation in these activities involves the risk of injury. I agree to work within the guidelines of the laboratory and the parameter of any test protocol when present in the laboratory. I understand that unacceptable or dangerous behaviour may result in my removal from the facilities. I agree to inform a member of staff in the event of any change to either my personal or medical details.

Signature: [Signature] Date: 9/02/26

All sessions had their own individual plan, these are examples of the progression shown. In the first weeks, focus was on getting technique and understanding of basic gym equipment. Progression was shown throughout the plans, ending with higher loads and repetitions on a full free weight session, with weighted core exercises to finish.

The program was repeated for the first weeks to allow confidence building in the gym environment, the gradual progression forward allowed comfortability in the setting whilst refining on techniques that will be needed to advance into more technical training.

As confidence and ability improved throughout the program, progressive overload was enhanced into the sessions, with added loads, repetitions and more complex free weight movements.

Copy of first plan -

https://docs.google.com/document/d/15xfYRGTOsYbjzmikGI_U0uMl2r-GeTohwnWXS_sH/Sog/edit?tab=t.0

Copy of middle plan -

https://docs.google.com/document/d/1LkLWBXaj9kyd-ijDBZ5ZmQYt3t9J_aURNDGbFLgUC38/edit?tab=t.0

Copy of end plan -

https://docs.google.com/document/d/12l_mAGiRlaYfP9N70k287OzX7bm2l_sgUh5nMtMisKU/edit?tab=t.0

Tables followed to plan sessions;

ACSM table for reps -

	≤2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	≥20
Training goal	Strength					Strength					Strength			Strength					
	Power*					Power					Power			Power					
	Hypertrophy					Hypertrophy**					Hypertrophy			Hypertrophy					
	Muscular endurance					Muscular endurance					Muscular endurance			Muscular endurance					
	≤2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	≥20
Repetition maximum continuum																			

ACSM frequency table -

TABLE 17.1 Example of Classifying Resistance Training Status

Resistance training background					
Resistance training status	Current program	Training age	Frequency (per week)	Training stress*	Technique experience and skill
Beginner (untrained)	Not training or just began training	<2 months	≤1-2	None or low	None or minimal
Intermediate (moderately resistance trained)	Currently training	2-6 months	≤2-3	Medium	Basic
Advanced (well resistance trained)	Currently training	≥1 year	≥3-4	High	High

*In this example, "training stress" refers to the degree of physical demand or stimulus of the resistance training program.

Rest time -

**TABLE 17.12 Rest Period Length Assignments
Based on the Training Goal**

Training goal*	Rest period length
Strength	2-5 min
Power: Single-effort event Multiple-effort event	2-5 min
Hypertrophy	30 s to 1.5 min
Muscular endurance	≤30 s

*Because there are occasions when the prescribed percentage of the 1RM for assistance exercises falls outside the range associated with the training goal (e.g., ≥8RM loads are recommended for assistance exercises as part of a muscular strength training program [2]), the strength and conditioning professional should examine the loads used for each exercise when assigning rest periods rather than generally applying the guidelines for a training goal.

Data from references 20, 47, 50, 86, and 96.