**Case study – Personal training client**

**Planning periodised programmes**

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| **Client profile summarising the pertinent information used to design the programme** | | | | |
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| **Overview and analysis of previously collected health and fitness data** | | | | |
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| **Risk stratification tool used** |  | | **Client’s risk stratification level** |  |
| **Periodisation strategy selected and reasons for selection (including how the strategy will progress the client towards goal achievement and how the principles of periodisation have been applied** | |  | | |
| **How you selected exercises, training protocols, equipment and environments to meet the client’s needs** | |  | | |

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| **Macrocycle/ Long-term goal(s)** | | | | | | | | | | | |
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| **Mesocycle 1/ Medium-term goal(s)** | | | | **Mesocycle 2/ Medium-term goal(s)** | | | | **Mesocycle 3/ Medium-term goal(s)** | | | |
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| **Microcycle 1:** | **Microcycle 2:** | **Microcycle 3:** | **Microcycle 4:** | **Microcycle 5:** | **Microcycle 6:** | **Microcycle 7:** | **Microcycle 8:** | **Microcycle 9:** | **Microcycle 10:** | **Microcycle 11:** | **Microcycle 12:** |

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| **Client’s name** | |  | | | | **Phase of training** | | | |  |
| **Warm-up** | | | | | | | | | | |
| **Equipment/**  **Activity** | | | **Time** | | **Intensity** | | | | **Notes** | |
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| **Warm-up flexibility** | | | | | | | | | | |
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| **Main CV component** | | | | | | | | | | |
| **Equipment/**  **Activity** | **Training system** | | | **Time** | | | **Intensity** | **Notes** | | |
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| **Main resistance training section** | | | | | | | | | | |
| **Exercise/training system** | | | | **Equipment** | | | **Set/reps/**  **Intensity** | **Notes** | | |
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| **Cool-down** | | | | | | | | | | |
| **Equipment/**  **Activity** | | | **Time** | | **Intensity** | | | | **Notes** | |
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| **Cool-down flexibility** | | | | | | | | | | |
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| **Client’s name** | |  | | | | **Phase of training** | | | |  |
| **Warm-up** | | | | | | | | | | |
| **Equipment/**  **Activity** | | | **Time** | | **Intensity** | | | | **Notes** | |
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| **Warm-up flexibility** | | | | | | | | | | |
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| **Main CV component** | | | | | | | | | | |
| **Equipment/**  **Activity** | **Training system** | | | **Time** | | | **Intensity** | **Notes** | | |
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| **Main resistance training section** | | | | | | | | | | |
| **Exercise/training system** | | | | **Equipment** | | | **Set/reps/**  **Intensity** | **Notes** | | |
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| **Cool-down** | | | | | | | | | | |
| **Equipment/**  **Activity** | | | **Time** | | **Intensity** | | | | **Notes** | |
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| **Cool-down flexibility** | | | | | | | | | | |
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| **Client’s name** | |  | | | | **Phase of training** | | | |  |
| **Warm-up** | | | | | | | | | | |
| **Equipment/**  **Activity** | | | **Time** | | **Intensity** | | | | **Notes** | |
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| **Warm-up flexibility** | | | | | | | | | | |
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| **Main CV component** | | | | | | | | | | |
| **Equipment/**  **Activity** | **Training system** | | | **Time** | | | **Intensity** | **Notes** | | |
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| **Main resistance training section** | | | | | | | | | | |
| **Exercise/training system** | | | | **Equipment** | | | **Set/reps/**  **Intensity** | **Notes** | | |
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| **Cool-down** | | | | | | | | | | |
| **Equipment/**  **Activity** | | | **Time** | | **Intensity** | | | | **Notes** | |
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| **Cool-down flexibility** | | | | | | | | | | |
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**Adaptations and contingencies**

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| **Session to be adapted** | |  | | |
| **Alternative environments (at least one indoor and one outdoor)** | **Adaptations to session to accommodate the alternative environment** | **Benefits and disadvantages** | **Possible hazards and risks** | **Health and safety requirements and ways to manage the identified risks** |
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| **How the session could be adapted for group personal training** | |  | | |
| **Ways to incorporate partner or group activities into the session** | |  | | |
| **Benefits and challenges of group personal training** |  | | **Ways to maximise the benefits and minimise the challenges** |  |