

EXSA 0154/0156

Instructor: Julie Ray

## WEEK ONE/TWO

### Designing a workout plan

Six principles of Exercise

**Intensity-** Amount of energy expended per bout of exercise.

Measurement: 55-95% Maximum heart rate

Rate of Perceived Exertion- RPE (1-10)

Talk Test

**Frequency-** number of times per week that a person participates in physical activity. To develop your physical fitness, it is recommended to exercise 3-5 days/week.

\*\*signs of overtraining- fatigue, lack of improvement in fitness, sudden loss of weight, loss of enthusiasm, increase in vulnerability to injury or illness, depression.

**Duration-** how long an exercise session lasts.

**Overload and Progression** – Overload is when you subject your body's systems in equilibrium to increased demand resulting in the body being forced to adapt. Progression is the rate you up the ante.

### GOALS FOR YOU!!

- If you are sedentary, walk 30 min. in target HR zone for longer duration, increased speed and / or more often (ie. From 2 days a week to 3-4)
- If you are a walker, start increasing your speed or add short jogging bouts (start simple: walk 10 min., do 30 sec. jog or fast walk/2 min. "active recovery" for 10 min., then walk 10 min)
- If you are a jogger, or a mix walker/jogger increase the jog time or distance by 10% every week. Once you are able to jog for 30 min, we will start talking intensity. (still do the mix walk/jog, just start to increase jog time and decrease walk time).
- If you are a runner, start including speed and strength "play" (fartleks, hills/ or stair runs, track work, Indian runs, etc)

As a class, we will meet on Tuesdays, I will do a lesson, or answer questions and then you will run or walk. On Thursdays, we will do a warm up on the track and do a speed or strength component!

## WEEK THREE/FOUR

We will cover stretching in class (pre-event and post)

We will talk about energy expenditure...

Walking

.5 kcal/lb/mile

Example:  $.5 \times 120 \times 1 = 60$  kcals