



Practical Training Log book for
Conditioning Athletes



Background

The utilization of a training logbook can support athletes and fitness trainers recording necessary aspects of their training experience in whatever type of training have been implemented. The log book should be designed to allow athletes to detail their daily experiences (micro cycles) relevant to the training undertaken throughout the year. This information can allow the athlete to upon a reference point of training stimuli for a number of months and even years. Within the content of the log book it should contain information that can be used for future planning and provided performance feedback.

Nature of this review

The nature of this activity will provide theoretically and practical information that was obtained from the exercise prescription. Within this section the student will complete (i) the practical weight lifting program that was undertaken on the practical sessions (ii) the rationale for effective and structured athletic log book designs (iii) examples of a log book inclusions such as significant factors that may have a positive or inverse relationship of athletic performance (lifestyle factors, sleeping patterns, psychological factors).

Static Kinanthropometry Measurement

Selected Kinanthropometry Parameters	Athletes Results	Reassessment Results
Age (yrs)		
Standing Height (cm)		
Body Mass (kg)		
Sum of Skin folds (mm)		
Forced Vital Capacity (FVC)		
Chest Girth (cm)		
Blood Pressure (sys/dia)		
Resting Heart Rate (RHR)		
Bicep girth		
Thigh girth (mm)		
Calf girth (mm)		
Sit and reach (cm)		

Physiological Functioning Capacities for Strength

Functioning Parameters	Athletes Result	Reassessment Result	Reassessment Result
1 repetition max analysis (1RM) Squat			
1 repetition max analysis (1RM) Front Squat			
1 repetition max analysis (1RM) Bench Press			
1 repetition max analysis (1RM) Deadlift			
1 repetition max analysis (1RM) Shoulder Press			
1 repetition max analysis (1RM) Pull Ups/ Lat Pull-down			
60 second press-up			
Power Clean (1RM)			
Power Snatch (1RM)			

Exercise Session 1

Exercise Session 1	Warm up (WU)	Dose (Reps and sets)	Resistance Intensity (RI)	Total Loading (TL)	Recovery Period	Velocity of Lift	Comments about performance
Back Squat							
Front Squat							
Overhead Squat							
Overhead Squat with Alterations in hand positioning							
Overhead squat with dumbbells							
Overhead squat with 1 large plate							
Single Leg Squat with partner							
Single leg squat (straight leg)							
Backwards step up							
Split squat with bar							



Exercise Session 2

Exercise Session 2	Warm up (WU)	Dose (Reps and sets)	Resistance Intensity (RI)	Total Loading (TL)	Recovery Period	Velocity of Lift	Comments about performance
Barbell Press (front)							
Barbell Press (Back)							
Squat to Barbell Press (front)							
Dumb bell Press							
Dumb bell Press with Squat							
Dumbbell Press with 1 arm squat							
Push Press (front)							
Push Press (Back)							
Push and Jerk (front)							
Push and Jerk (Back)							
Push and Jerk (alternate hand grip narrow to wide)							
Push and Jerk with widened foot stance							
Split Jerk							



Exercise Session 3

Exercise Session 3	Warm up (WU)	Dose (Reps and sets)	Resistance Intensity (RI)	Total Loading (TL)	Recovery Period	Velocity of Lift	Comments about performance
Squat Press (front)							
Squat Press (behind neck)							
Alternate lunge with shoulder press							
Walking lunge with dumb bell press							
Combination lunges (Forward x2, side x2, back x2) with dumb bell press							
OH Snatch Squat							
Front Squat							
SQSS							
High pull from thigh							
SLDL							
Step Press High Knees							



Exercise Session 4

Exercise Session 4	Warm up (WU)	Dose (Reps and sets)	Resistance Intensity (RI)	Total Loading (TL)	Recovery Period	Velocity of Lift	Comments about performance
Warm-up to start position to power position							
Power clean							
Squat clean							
Squat Clean							
Squat clean to shoulder press							
Squat to clean and push press							
Squat, clean to push press to split jerk							
Clean ,squat to shoulder press to push press, push jerk split jerk							
Same as above but single reps							

Exercise Session 4

Exercise Session 5	Warm up (WU)	Dose (Reps and sets)	Resistance Intensity (RI)	Total Loading (TL)	Recovery Period	Velocity of Lift	Comments about performance
Front Squat							
Push Jerk							
Clean Pull from floor							
Pull over							
Round the clock lunges							
DE squat jumps							
Sit ups/ crunches toe touches							
Roll outs							