

Fitness and nutrition Program Assignment



Dec.12,2012

Per.3

The purpose is to improve on your general health and body toning.

Monday	Relax- Go for a walk.
Tuesday	Cross fit.
Wednesday	Weight Training
Thursday	Gym
Friday	Run
Saturday	Swimming
Sunday	Cross fit

Components of physical fitness	SMART goal
Body Composition	I hope to lose 5 pounds in one month doing 15 or more sit-ups a day.
Flexibility	I hope to be able to do the splits in 2 months by stretching every second day for 15 minutes.

Cross Fit description

Warm Up

Go for a light jog around the gym for 8 minutes

Cardio

After every set, go for a quick two minute jog.

Cool- Down

Go for a short walk to get my heart rate down.

Strength

Do as many sit ups as I can in 4 minutes, then pushups for 4 minutes, squats for 4 minutes, and plank for 2 minutes. Do this 4 times

Stretch and relaxation

Stretch arms and legs.



Run Description

Warm Up

Go for a slight jog for 6 minutes

Cardio

Go for a 3 km run in 20 minutes or less.

Cool-Down

Go for a short walk to lower heart rate for 3 minutes or more.

Strength

After the run do 3 sets of 10 push-ups to strengthen arms for 15 minutes.

Stretch and Relaxation

Stretch calves and back for 10 minutes.



Swimming Description

Warm-up

Go for a quick run on the treadmill before going to the pool.

Cardio

Go for 20 laps

Strength

By doing the twenty laps you are working your muscles in your arms and legs.

Cool-down

Do a few slow laps to slow down your heart rate.

Stretch and relaxation

Stretch your arms and legs.



F.I.T.T Principle

Frequency	The walk I would do once a week, cross fit two times a week, a run once a week, swimming once a week, weight training once a week, and the gym once a week.
Intensity	For cross fit I would go 70%, the walk 20%, weight training 75%, the gym 75%, the run 60% and swimming I would do 80%
Time	For the walk, I would go for 45 minutes. The cross fit I would do 30 min. for weight training I would do 45 min. I would do the gym for 1hr and a half, the run I would do for 40 min and swimming I would do for 1hr and a half.
Type	I would do swimming, running, weight training, walking, and in cross fit I would do different strengthening exercises.

Fitness Training

Progressive Overload	I would increase my times by 5 minutes every week to my workouts longer.
SAID Principle	Yes the exercises relate because what I want to achieve is better overall health and body toning.
Individual Difference	Yes this is manageable for me because it is not over doing it but it is just enough.

Nutrition plan for weight training

Breakfast	Have two oranges, 2 servings of bagels(1 whole bagel), a glass of milk (1 cup)
Lunch	Have a carrot, a 30g bowl of cereal, one yogurt
Dinner	Have a cup (125ml) of pure juice, some cheese (50g), and two servings (150g) of ham.
Snacks	Have an apple, a serving of popcorn(two cups)
Training Fuel	Have two servings (1 cup) of whole wheat pasta to gets some carbs for the workout.

