

Task 2: Performance Development Plan

Client Goal:

After conducting an interview with my client, I found out that she had put herself two main achievement goals:

- **A skill goal:** improve shot put distance to meet international benchmark
- **A personal fitness goal:** improve upper body strength and general endurance.

By doing this my client hopes to improve her shot put throw and thrust. She also wishes it to look more aesthetically pleasing. To achieve these goals, she needs to apply the right techniques when throwing the shot put. She also needs to apply appropriate arms techniques: arms need to be tucked in properly so that the throw will be more powerful and less flimsy, making it look more elegant and refined. In order to help my client achieve her goals, I conducted intensive research on how to increase shot put distance. Results showed that one must use the correct technique (shift or rotation), as well as have strong upper body and leg strength. Below is the *Four Week Workout Plan* I have created. It is designed to help my client reach her set goals. The plan is designed to improve thrust and esthetics through learning about the appropriate techniques in shot put as well improve upper body, leg, and general strength and agility. Hopefully, through focused sessions and training, my client will be able to achieve her goals, throw a shot put more efficiently and reach international standard levels.

Personalized Work-out Plan

Daily routine

Warm up (10 minutes): Warm up exercises (pulse raisers: treadmill, bike, or cross trainer)*

Stretches* (necessary warm up of muscles)

Tone Down (10 minutes): stretches and breathing exercises*

SUNDAY	GENERAL TRAINING (x 3) <ul style="list-style-type: none">- 50 squats- 25 sit ups- 30 second plank- 15 sit ups
MONDAY	REST DAY - Daily Routine Only
TUESDAY	UPPER BODY (x 3) <ul style="list-style-type: none">- 10 push ups- 50 rows on the rowing machine- Shadow boxing for 10 minutes- 15 push ups- 20 dumbbell bicep curls
WEDNESDAY	REST DAY - Daily Routine Only
THURSDAY	LEG EXERCISES (x 3) <ul style="list-style-type: none">- High knees for 2 minutes- 25 jumping jacks- 50 squats- 25 lunges

	<ul style="list-style-type: none"> - 30 squats - 5 plank leg raises
FRIDAY	REST DAY - TECHNIQUE <ul style="list-style-type: none"> - Client watches videos on shot put techniques and takes notes
SATURDAY	REST DAY – Low impact daily routine to keep fit

WEEK 1:

Reflection Week One:

My client was able to improve on endurance and stamina due to the exercises performed during Week One, however struggled slightly with the intensity of some of the workouts. This shed light on the areas needing more focus (arm and leg workouts), which will prompt a re-visit of the exercise plan to meet those areas of more focused needs. In addition to that, the studying of the video proved to be of benefit. My client was pro-active and was able to self assess and identify weaknesses and strengths after watching the videos of Olympic athletes' shot put competitions; this self reflection will surely positively impact the performance of my client as she was able to determine herself where her flaws lie and needs to be done to improve them.

WEEK TWO: *Daily Routine (warm up & tone down)*

SUNDAY	UNDERSTANDING OF TECHNIQUE (1) & VIDEO TAKE 1 <ul style="list-style-type: none"> - Give my client a short verbal quiz on shot throw techniques (what are techniques they/ which best to apply) - Shoot a video of my client practicing shot put throws (the video will be shot in slow motion for my client to be able to fully see where her strengths and weaknesses lie) - My client writes down a reflection of her performance in order for her to remember and know what do work on
MONDAY	Low impact daily routine to keep fit
TUESDAY	GENERAL TRAINING <ul style="list-style-type: none"> - 1 minute plank - 60 squats - 30 sit ups - 30 second plank - Jog for 3 minutes as a cool down
WEDNESDAY	UPPER BODY (x 3) <ul style="list-style-type: none"> - 15 push ups - 60 rows on the rowing machine - Shadow boxing for 20 minutes - 20 push ups - 25 dumbbell bicep curls
THURSDAY	LEG EXERCISES (x 3) <ul style="list-style-type: none"> - High knees for 3 minutes

	<ul style="list-style-type: none"> - 35 jumping jacks - 60 squats - 35 lunges - 40 squats - 10 plank leg raises
FRIDAY	REST DAY – Re-watch videos on shot put techniques and takes notes
SATURDAY	Low impact daily routine to keep fit

Reflection Week Two:

My client was able to respond well to this week's training. After deciding not to change much in the intensity of her "General Workouts" due to the fact that she was able to perform them comfortably in Week One, I focused more on increasing the intensity of the arm and leg workouts, as those were her points of weakness. On another note, my client was also able to answer the questions that I asked about the shot put techniques. This showcased commitment for improvement and trust in the plans devised for her. The slow motion video take also helped my client observe and analyze where she was making mistakes. Her reflections on that process and performance serve her well; she feels confident that she will be able to improve and come closer to her set goals.

Week Three: *Daily Routine (warm up & tone down)*

SUNDAY	<i>On Sunday no exercising will be done</i>
MONDAY	UNDERSTANDING OF TECHNIQUE (2) & VIDEO TAKE 2 <ul style="list-style-type: none"> - Give my client a short verbal quiz to test understanding of <i>rotation technique</i> - Shoot a video of my client practicing rotation (this video will also be shot in slow motion for my client to be able to fully see where her strengths and weaknesses lie) - My client writes down a reflection of her performance in order for her to remember and know what to work on - Test to see if there was any improvement in her distance and compare her throw to her first throw
TUESDAY	GENERAL TRAINING <ul style="list-style-type: none"> - 1.30 minutes planks - 65 squats - 35 sit ups - 40 seconds plank - 20 sit ups - Jog for 4 minute as a cool down
WEDNESDAY	UPPER BODY (x 3) <ul style="list-style-type: none"> - 25 push ups - 80 rows on the rowing machine - Shadow boxing for 25 minutes - 30 push ups - 30 dumbbell bicep curls
THURSDAY	LEG EXERCISES (x 3) <ul style="list-style-type: none"> - High knees for 1.30 minutes

	<ul style="list-style-type: none"> - 40 jumping jacks - 60 squats - 35 lunges - 30 squats - 10 plank leg raises
FRIDAY	REST DAY – Re-watch videos on shot put techniques and takes notes
SATURDAY	Low impact daily routine to keep fit

Reflection of Week Three:

This week my client struggled slightly with the leg exercises. Muscles were sore. Accordingly, intensity of routines repetitions were not increased much. Focus centered on throws techniques, the aesthetic aspect in particular, rather than intensive work out. Further, video take analysis was thoroughly discussed, with both my client and myself watching videos in slow motion of a professional shot put athletes during competitions. The video analysis session is of vital importance, as it's best to see professionals' aesthetic throw and compare it to one's own. Discussions also focused on the rotation techniques and which technique would best help my client improve her performance.

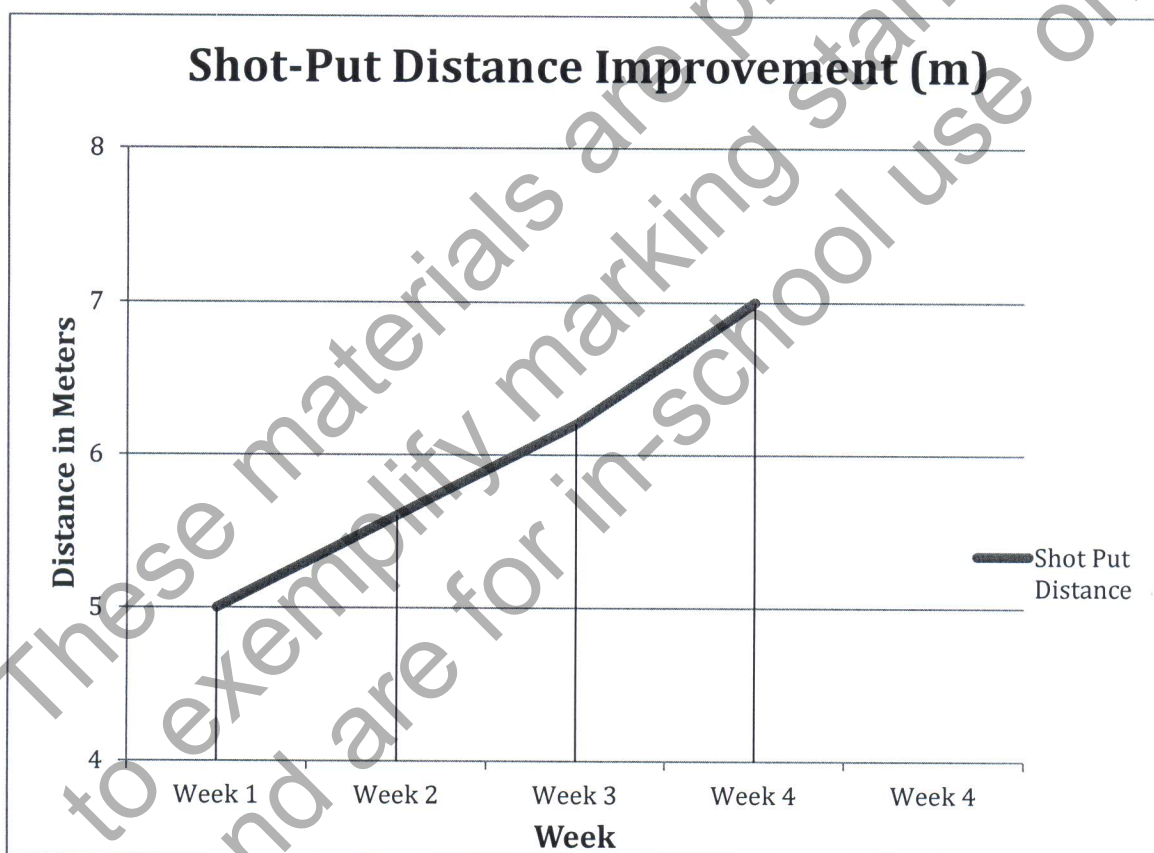
Final WEEK : *Daily Routine (warm up & tone down)*

SUNDAY	TECHNIQUE RECAP & Video Take 3 <ul style="list-style-type: none"> - Short verbal quiz on both techniques and the rules of the field sport - Practice throwing with focus on improving distance of shot - Provide client with constructive feedback on how to achieve maximum distance - Take slow motion video and analyze what went well and what could have been done better
MONDAY	GENERAL TRAINING <ul style="list-style-type: none"> - 2 minutes plank - 65 squats - 40 sit ups - 1.30 minutes plank - 30 sit ups - Jog for 5 minute as a cool down - Low impact daily routine to keep fit
TUESDAY	UPPER BODY (x 4) <ul style="list-style-type: none"> - 25-30 push ups - 80-90 rows on the rowing machine - Shadow boxing for 25 - 30 minutes (high intensity) - 40 push ups - 35 dumbbell bicep curls
WEDNESDAY	LEG EXERCISES (x 4) <ul style="list-style-type: none"> - High knees for 2 minutes - 50 jumping jacks - 70 squats - 40 lunges

	<ul style="list-style-type: none"> - 50 squats - 15 plank leg raises
THURSDAY	Low impact daily routine to keep fit
FRIDAY	REST DAY
SATURDAY	LAST TECHNIQUE TRAINING <ul style="list-style-type: none"> - Practice both techniques - Achieve at least at 7.5m distance using both techniques - Take slow motion videos for referencing before final shot

Week Four:

Last week of training showed a true improvement in my client's strength and technique. My client was able to clearly overcome the hindrances and weaknesses faced before starting the four-week intensive program. Improvements have been recorded and success has been measured. The shot put throw has significantly improved, with technique and distance showing visible and measurable progress and growth in the distance measured, technique used and aesthetics. A great accomplishment overall.



Task 3: Videos