

Kick Starter: Chapter 5

Your Training Program



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Welcome



Hi There!

Welcome to the Online Coaching Kick Starter. I have written and crafted together 8 chapters for this all with the intention of setting you up in the best possible position to kickstart your health and fitness journey.

Each chapter is tailored to a topic, breaking it down and giving you important information regarding nutrition, exercise, motivation and overcoming struggles along the way.

Working through these chapters will give you clarity, guidance and the knowledge to execute your program and smash your goals.

Let's do this!

Andrew Caine PT

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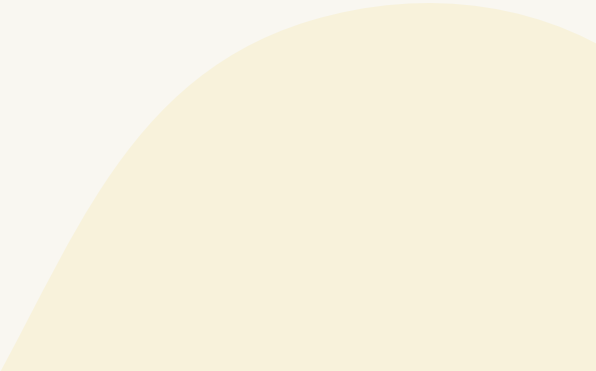


Assessing Fitness Levels

Following a personalised training program is essential for achieving your fitness goals efficiently and effectively. In this chapter, we'll explore the key components of a well-rounded workout plan and provide practical tips for creating a program that suits your needs and preferences.

Assessing Fitness Levels

Before diving into your workout plan, it's important to assess your current fitness levels to determine your starting point and set realistic goals. Here are some methods for assessing fitness levels:

- **Strength Assessment:** We can measure your strength by performing rep max tests; usually this will occur between 1-5 reps. On exercises such as the Back Squat, Bench Press, Deadlift and Overhead Press. By discovering your 1-5 RM we have a baseline of your strength levels in these movements.
 - **Strength Endurance:** See how many reps you can perform of the body weight squat, push up, sit ups in 60 seconds. Or even how long you can hold plank.
 - **Cardiovascular Fitness:** Test your cardiovascular endurance with activities like running, cycling, or brisk walking to determine your stamina and aerobic capacity. Typically, this could be a 5k run time.
 - **Flexibility Evaluation:** Assess your flexibility with stretches targeting major muscle groups to identify areas of tightness and range of motion limitations.
 - **Body Composition Analysis:** Measure your body composition using methods such as body fat percentage measurements, waist circumference, or visual assessments to track changes in lean muscle mass and body fat.
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Giving Purpose to Your Workouts

Once you've assessed your fitness levels, by following your tailored training program you should see improvements in different components of fitness; strength, endurance, flexibility etc. Here's how you can get the most out of your training program.

Your Workout Structure

As an overview, your workouts will generally start with a warm up. Getting your body temperature up and heart rate raised with some light cardio and then moving into mobility drills/ dynamic stretches.

Recording Workouts and Tracking Progress

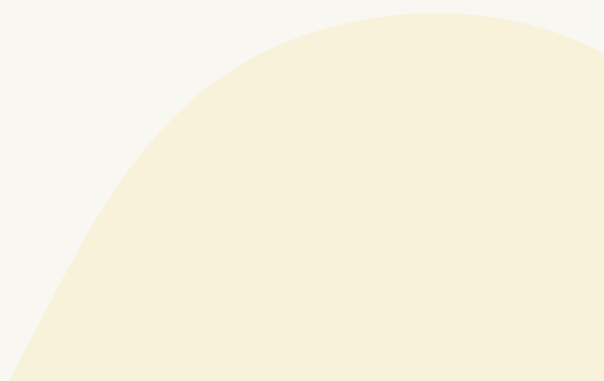
Recording your workouts on a fitness app or journal is essential for tracking progress, identifying patterns, and making informed adjustments to your workout plan. By logging details such as exercises, sets, reps, weights, and rest periods, you can monitor your performance over time and ensure progressive overload. Tracking progress also provides motivation and accountability, as you can see tangible evidence of your hard work and improvements.

Exercise Selection

Depending on your goals and whether you'll be using the gym or working out from home, your workouts will generally incorporate a variety of exercises, including strength training, cardiovascular exercises and mobility exercises.

Frequency and Duration

Your workout schedule is designed to have a balance between challenging yourself and allowing for adequate rest and recovery.



Giving Purpose to Your Workouts

Progressive Overload

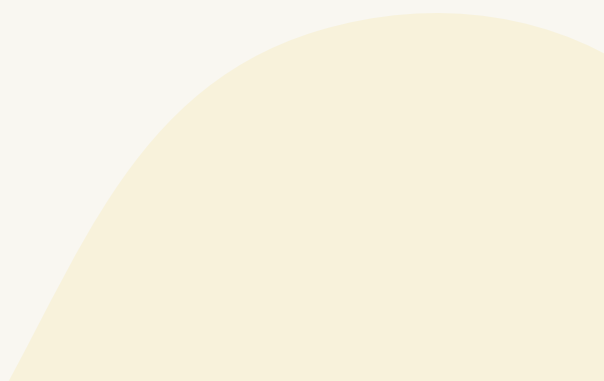
Gradually increase the intensity, duration, or resistance of your workouts over time to continue challenging your muscles and making progress towards your goals. For example, if you're getting 3 sets x 10 reps on an exercise with the same weight for two weeks in the row. It's probably a good sign to up the weight and then repeat the cycle.

Training at the Right Intensity

Training at the right intensity is crucial for maximising workout effectiveness and achieving your fitness goals. One effective approach is to leave 2 reps in reserve during strength training exercises. This means stopping a set when you feel you could perform 2 more repetitions with good form, but no more. Training with 2 reps in reserve helps prevent overexertion and reduces the risk of injury while still challenging your muscles enough to promote growth and strength gains.

Gaining Feedback Through Video Recordings

Filming yourself performing exercises in your workout is a valuable tool for gaining feedback and improving technique. Recording videos allows you to review your form, identify areas for improvement, and make necessary adjustments to optimise exercise effectiveness and prevent injury. Additionally, sharing video recordings with your coach or trainer enables them to provide personalised feedback, corrections, and exercise modifications tailored to your specific needs and goals.





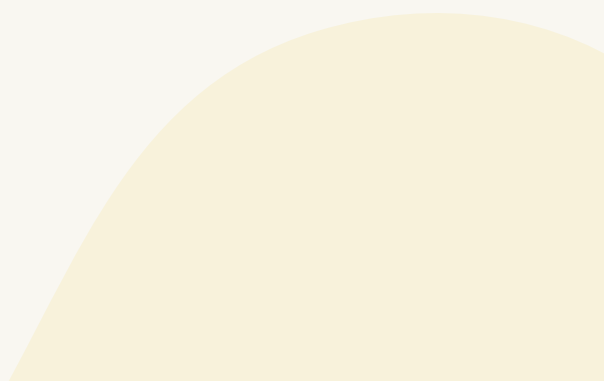
Using Trainerize

Trainerize is a popular fitness coaching app that we use for our coaching. It allows coaches to manage and engage with their clients. It offers a comprehensive suite of tools to create and deliver workouts, track progress, and communicate with clients.

Trainerize features include:

1. Customised Workouts: Training plans specifically tailored to you including exercises, sets, reps, and rest periods. They also include instructional videos for each exercise.
2. Progress Tracking: Including weights lifted, sets completed, and overall progress over time. This helps both parties stay accountable and motivated.
3. Habit Tracking: Build up healthy habits by completing habits assigned to you for the day.
4. Messaging and Communication: Trainerize provides a platform to communicate, share messages, and provide support.
5. Nutrition Tracking: The app also includes features for tracking nutrition and meal plans, allowing holistic fitness coaching.
6. Integration with Wearable Devices: It integrates with popular wearable devices like Fitbit and Apple Watch, allowing me to access clients' activity data and offer more personalised coaching.

Overall, Trainerize is a powerful tool to streamline online coaching processes as you can access workouts, track progress, and communicate with me through the app. Offering a more personalised and engaging experience.



Using Trainerize

1. Explore Your Dashboard

- Your dashboard is the central hub for all your workouts, nutrition plans, progress tracking, and communication with your coach.
- Familiarise yourself with the layout and navigation of the app. Feel free to click around and explore!

2. Review Your Workout Plan

- Your coach has created a customised workout plan for you. Click on the "Workouts" tab to view your plan.
- Each workout includes exercises, sets, reps, and rest periods. Watch the instructional videos to ensure proper form.

3. Track Your Progress

- Click on the "Progress" tab to track your workout progress.
- Log your completed workouts, weights lifted, and any additional notes or comments.
- Use the built-in progress photos feature to visually track your transformation over time.

4. Communicate with Your Coach

- Click on the "Messages" tab to communicate with your Coach.
- Ask questions, provide feedback, or discuss any concerns you may have. Your coach is here to support you!

5. Stay Consistent and Motivated

- Consistency is key to achieving your fitness goals. Aim to stick to your workout plan and follow your trainer's guidance.
- Use the app's built-in motivational features, such as workout reminders and achievement badges, to stay motivated.

Using Trainerize

6. Share Your Achievements

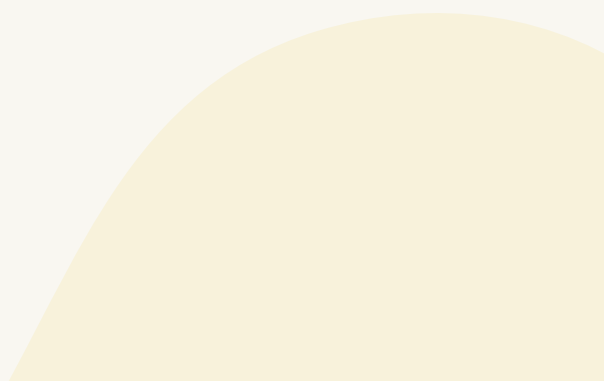
- Use the social sharing features to share your progress and achievements with friends and family. You never know who you might inspire!

7. Keep Learning and Growing

- Continuously educate yourself on fitness and nutrition. Use the app's resources section to access articles, videos, and tips from industry experts.
- Remember, fitness is a journey, not a destination. Embrace the process and celebrate your progress along the way.

Taking advantage of Trainerize for your health and fitness journey is going to ensure we track and measure progress. Allowing us to advance your training over a period of time. Typically, I will revise your program every 4-6 weeks.

We're here to support you every step of the way. If you have any questions or need assistance, don't hesitate to reach out to your coach. Together, we'll help you achieve your fitness goals and live a healthier, happier life. Let's do this!





Sample Training Program

Here's an example of a sample training plan that incorporates cardio, strength training, and flexibility exercises:

- Monday: Strength Training (Upper Body)
 - Bench Press: 3 sets of 8-10 reps
 - Bent-over Rows: 3 sets of 8-10 reps
 - Shoulder Press: 3 sets of 10-12 reps
 - Bicep Curls: 3 sets of 10-12 reps
 - Tricep Dips: 3 sets of 10-12 reps
- Tuesday: Cardiovascular Exercise
 - 30 minutes of brisk walking, jogging, or cycling
- Wednesday: Flexibility and Mobility
 - 15 minutes of dynamic stretching or yoga
- Thursday: Strength Training (Lower Body)
 - Squats: 3 sets of 8-10 reps
 - Deadlifts: 3 sets of 8-10 reps
 - Lunges: 3 sets of 10-12 reps (each leg)
 - Calf Raises: 3 sets of 12-15 reps
 - Leg Press: 3 sets of 10-12 reps
- Friday: Cardiovascular Exercise
 - 30 minutes of interval training (alternating between high-intensity intervals and recovery intervals)
- Saturday: Rest or Active Recovery (e.g., gentle walking, yoga, or foam rolling)
- Sunday: Rest or Active Recovery

Conclusion

Designing a personalised training program isn't just about getting fit. It's about crafting a roadmap that aligns with your goals, preferences, and lifestyle. By assessing your fitness levels and customising workouts, you're not only setting yourself up for success but also ensuring your journey is both enjoyable and effective. One of the keys to a successful program is following it consistently, ensuring each workout has a purpose and contributes to your overall progress. This means exercising at the right intensity, ensuring you progressively overload your muscles, and seeking feedback from your coach or trainer.

But what makes a program truly effective is the ability to adapt and grow. Using tools like Trainerize, you have the power to track your workouts, monitor your progress, and gain valuable insights. Video recordings can provide invaluable feedback, helping you refine your form and technique. Furthermore, Trainerize's messaging and communication features allow you to stay connected with your coach, making sure your program remains relevant and challenging.

Ultimately, your personalised training program isn't just a collection of exercises; it's a dynamic and evolving plan that reflects your commitment to your fitness journey. By investing time, effort, and attention to detail, you're setting yourself up for success, ensuring that each workout is purposeful, effective, and meaningful. So, embrace your program, train with intent, and use the tools at your disposal to maximise your results. Remember, every step forward is a step towards your goal.



Tools & Resources

01

Andrew Huberman Podcast

An informative podcast covering all things health and fitness related.

03

Examine

This website covers nutrition and supplements using scientific research to show what's effective and what isn't.

02

YouTube

Can be a great platform to gain further insight to exercises and dieting.

04

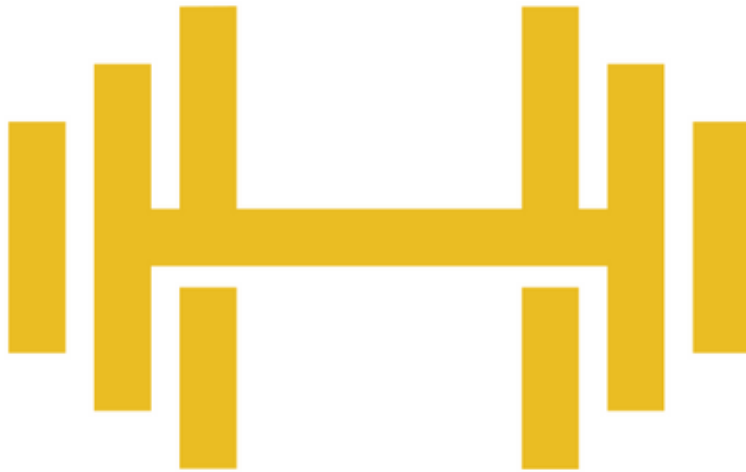
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Using my videos and posts on my instagram to gain further knowledge on exercise and nutrition.

how to reach me

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THANK YOU!

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