



**Year 10 HRF: Lesson 5 – Overload**

**Big Question**

How can you use progressive overload in a training programme?

**Warm Up**

<p><b>Notes</b></p> <p>Complete 1-2 sets of the warm-up circuit</p>	<p><b>1a Jog on the Spot 1 min</b></p>  <p>Easy light aerobic activity.</p>	<p><b>1d Arm Swings 8-10</b></p>  <p>For each exercise swing arms in a controlled manner.</p>	<p><b>1e Hip Circles 10/Leg</b></p>  <p>Lift leg to the side and place the foot to the ground when the knee is in front of the body.</p>
<p><b>1b Jumping Jacks 20-30</b></p>  <p>Jump in the air, spread feet and swing arms out, then back to the start position.</p>	<p><b>1c Hip Movement 5-8 /Leg</b></p>  <p>Perform each movement variation 5-8 times. Hold for 2 sec. Stand tall.</p>	<p><b>1f Downward Dog Exchange 5-8</b></p>  <p>From a plank position, lift hips to the ceiling, pressing palms and heels to the ground.</p>	<p><b>1g Plank Lunge Exchange 6-8/Leg</b></p>  <p>From a plank position, place foot under the shoulder, alternating with each rep.</p>

**Progressive overload**

What is progressive overload?

What does FITT stand for?







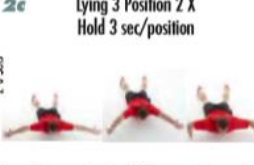

How can you overload your training programme using FITT?

It is really important to progressively overload the body when training and this involves using the principle of FITT. By progressively overloading your body you are gradually increasing the amount of work it does (see FITT), which therefore causes your body to adapt by becoming stronger, fitter etc. depending on which elements of your performance you are working on. If you do not progressively overload your body then it will plateau and you will see no further improvements.



<https://www.bbc.co.uk/bitesize/guides/zxhxn/bk/revision/1>

**Activity 1 – Main activity-complete 2-3 sets with 15-30seconds rest in between**

<p><b>1a Jumping Jacks 20-30</b></p>  <p>Spread legs and arms to the side. Return to start position. Repeat.</p>	<p><b>1b Prisoner Sumo Squat 8-12</b></p>  <p>Feet positioned outside shoulder width. Arms to the side and chest up.</p>	<p><b>2a Linear Jumping Jacks 20</b></p>  <p>Start with right arm and left leg forward. Hop and move the left arm and right leg forward.</p>	<p><b>2b Backward Lunge 8/Leg</b></p>  <p>Step backwards to a lunge position. Repeat with the same leg.</p>
<p><b>1c Push-Up RM</b></p>  <p>Maintain a straight body from ear to heel. Complete the maximum number of reps (RM).</p>	<p><b>1d Bent Over 3 Position 2 X 4 sec/position</b></p>  <p>Flex at the hips and maintain neutral spine. Raise arms and hold each position for 4 sec.</p>	<p><b>2c Lying 3 Position 2 X Hold 3 sec/position</b></p>  <p>Keep feet in contact with floor, maintain neutral spine, raise arms, and hold each position.</p>	<p><b>2d Bird Dog Circles 10/Side</b></p>  <p>Lift arm and opposite leg simultaneously. Make 10 circles with the arm and legs.</p>



**Activity 2 – Cool down-** Jog for 1 minute and then complete each stretch for 20-30 seconds.

<p><b>1a</b> <b>Stretch to the Sky</b></p>  <p>Stretch to the sky.</p>	<p><b>1b</b> <b>Pec Stretch</b></p>  <p>Perform stretches.</p>	<p><b>1e</b> <b>Hip Flexor</b></p>  <p>Step forward slightly with the right leg. Raise the left arm to the sky to intensify stretch.</p>	<p><b>1f</b> <b>Lat Stretch</b></p>  <p>Maintain a neutral spine.</p>
<p><b>1c</b> <b>Quad Stretch</b></p>  <p>Stand tall and bring heel to butt.</p>	<p><b>1d</b> <b>Hamstring Stretch</b></p>  <p>Flex at the hips keeping a neutral spine.</p>	<p><b>1g</b> <b>Grain Stretch</b></p>  <p>Place the bottoms of the feet together and pull heels towards the body.</p>	<p><b>1h</b> <b>Glut Stretch</b></p>  <p>Bring leg across the body and hug the thigh.</p>

**Activity 3 – Plenary**

Look at the exercises that you did in the main activity, how could you progressively overload these to ensure that you continue to make progress?

**Follow it up**

Using the internet look at other exercises that could be included in your session.

**Get inspired**

Using the session that you completed above, progressively overload it and complete it the following day. How did you get on? Could you progress it further and push your body harder?