## Appendix L: Training Programme for Experimental Group 1

### FIRST WEEK

<table>
<thead>
<tr>
<th>Day</th>
<th>Session Details</th>
</tr>
</thead>
</table>
| **Monday** | Warm up and Stretching for 20 minutes.  
Sprint 20 metres. Walk back to starting point. 6 repetitions. 
3 minutes rest interval before next set.  
Sprint 30 metres. Walk back to starting point. 8 repetitions.  
Target heart rate 110 - 128. Intensity 60 - 70%.  
Cool down jogging and walking for 10 minutes. |
| **Wednesday** | Warm up and Stretching for 20 minutes.  
Sprint 10 metres. Walk back to starting point x 8 repetitions.  
3 minutes rest interval before next set.  
Sprint 15 metres. Walk back to starting point x 7 repetitions  
3 minutes rest interval before next set.  
Sprint 20 metres. Walk back to starting point x 6 repetitions.  
Target heart rate 110 - 128. Intensity 60- 70%  
Cool down jogging and walking for 10 minutes. |
| **Friday** | Warm up and Stretching for 20 minutes.  
Sprint 50 metres. Walk back to starting point x 8 repetitions.  
3 minutes rest interval before next set.  
Sprint 40 metres. Walk back to starting point x 5 repetitions.  
3 minutes rest interval before next set  
Sprint 30 metres. Walk back to starting point x 5 repetitions.  
Target heart rate 110-128. Intensity 60-70%  
Cool down jogging and walking for 10 minutes |
<table>
<thead>
<tr>
<th>Day</th>
<th>Exercises</th>
</tr>
</thead>
</table>
| Monday  | Warm up and Stretching for 20 minutes.  
75 metres acceleration. Walk back to starting point x 5 repetitions.  
Rest interval before next set 3 minutes  
50 metres acceleration. Walk back to starting point x 5 repetitions.  
Target heart rate 110 – 128 Intensity 60 – 70%  
Cool down, jogging and walking for 10 minutes |
| Wednesday | Warm up and Stretching for 20 minutes.  
50 metres slow jog.  
50 metres sprint.  
50 metres walking  
50 metres slow jog  
75 metres sprint  
75 metres walk  
100 metres sprint  
100 metres slow jog = 1 set.  
5 minutes rest interval after each set  
5 sets in sequence.  
Target heart rate 110 - 128. Intensity 60 – 70% |
| Friday  | Warm up and Stretching for 20 minutes.  
5 laps of the following exercise that consists of  
- 25 metres brisk walking  
- 25 metres running backwards  
- 25 metres slow jog  
- 25 metres sprinting. Target heart rate 110 - 128 |
5 minutes rest to recover after every lap x 5 laps

1. walking  
2. running backwards  
3. slow jog  
4. sprinting

Target heart rate 110 - 128. Intensity 60 – 70%

Cool down, jogging and walking for 10 minutes

| THIRD WEEK |
|---|---|
| Monday | Warm up and Stretching for 20 minutes |

Walk 5 metres  
Slow jog 15 metres  
Sprint 10 metres  
Slow jog 15 metres  
Sprint 10 metres  
Walk 5 metres x 12 sets  
5 minutes rest interval after each set  
Target heart rate 110 - 128. Intensity 60 – 70%

Cool down, jogging and walking for 10 minutes
Wednesday

Warm up and Stretching for 20 minutes

Target heart rate 128 - 146

Two groups at a time. Training using the football field.
8 sets. Rest eight minutes after each set.
Target heart rate 128 - 146

Cool down, jogging and walking for 10 minutes

Friday

Warm up and Stretching for 20 minutes

Walk 5 metres
Jog 10 metres
Sprint 10 metres
Jog 10 metres
Walk 5 metres repeat to finish.
1 set = 80 metres x 10 sets.
Rest between sets 5 minutes
Target heart rate 128 - 146. intensity 70 – 80%
Cool down, jogging and walking for 10 minutes
<table>
<thead>
<tr>
<th>Monday</th>
<th>Warm up and Stretching for 20 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Walk 50 metres in 20 seconds. Sprint 50 metres in 10 seconds</td>
</tr>
<tr>
<td></td>
<td>Walk 100 metres in 40 seconds. Sprint 100 metres in 20 seconds.</td>
</tr>
<tr>
<td></td>
<td>Walk 50 metres in 20 seconds. Sprint 50 metres in 10 seconds x 10 laps. in 400 metre track.</td>
</tr>
<tr>
<td></td>
<td>Five minutes rest interval after each set.</td>
</tr>
<tr>
<td></td>
<td>Target heart rate 128 - 146. intensity 70 – 80%</td>
</tr>
<tr>
<td></td>
<td>Cool down jogging and walking for 10 minutes</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wednesday</th>
<th>Warm up and Stretching for 20 minutes.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><img src="image" alt="Diagram" /></td>
</tr>
<tr>
<td></td>
<td>To complete 10 laps.</td>
</tr>
<tr>
<td></td>
<td>Each lap below 3 minutes.</td>
</tr>
<tr>
<td></td>
<td>Four minutes interval before the next set.</td>
</tr>
<tr>
<td></td>
<td>Target heart rate 128 - 146. intensity 70 – 80%</td>
</tr>
<tr>
<td></td>
<td>Cool down jogging and walking for 10 minutes</td>
</tr>
</tbody>
</table>
Friday

Warm up and Stretching for 20 minutes.

To complete 10 laps.
Each lap below 4 minutes.
Four minutes interval before the next set.
Target heart rate 128 -146. intensity 70 – 80%
Cool down jogging and walking for 10 minutes

FIFTH WEEK

Monday

Warm up and Stretching for 20 minutes
|       | Sideways running 15 metres.  
|-------|-------------------------------------------------------------------
|       | Jogging 40 metres                                                  |
|       | Backward running 15 metres                                        |
|       | Sprint 100 metres                                                 |
|       | Running backwards 15 metres                                       |
|       | Slow jog 40 metres                                                |
|       | Side running 15 metres                                             |
|       | Walk 60 metres = 300 metres x 10 sets                              |
|       | After each set five minutes rest                                  |
|       | Target heart rate 128 -146. intensity 70 – 80%                    |
|       | Cool down jogging and walking for 10 minutes                      |

| Wednesday | Warm up and Stretching for 20 minutes.  
|-----------|-------------------------------------------------------------------
|           | 50 metres sprint Walk back to starting point x 10 sets.          |
|           | Three minutes rest interval after each set.                      |
|           | 20 metres sprint. Walk back to starting point x 6 repetitions.    |
|           | Target heart rate 128 -146. intensity 70 – 80%                    |
|           | Cool down jogging and walking for 10 minutes                      |

| Friday    | Warm up and Stretching  20 minutes  
|-----------|-------------------------------------------------------------------
|           | Run 200 metres. Brisk walk 200 metres.                            |
|           | Run 100 metres Brisk walk 100 metres                              |
|           | Run 50 metres. Brisk walk 50 metres                              |
|           | Run 50 metres. Brisk walk 50 metres = 800 metres = 1 set          |
|           | Rest interval after each set 7 minutes                            |
|           | To perform 5 sets.                                                |
|           | Target heart rate 128 - 146. intensity 70 – 80%                   |
|           | Cool down jogging and walking for 10 minutes                      |
SIXTH WEEK

Monday

Warm up and Stretching for 20 minutes
Penalty area exercise (see diagram below)

Sprint 20 metres
Running Backwards 10 metres
Running Sideways 10 metres.
Sprint 20 metres
Walk 25 metres
Sprint 20 metres
Running Sideways 10 metres
Running Backwards 10 metres
Walk 20 metres = 1 set
4 minutes Rest Interval after each set x 6 sets
Target heart rate 128 - 146. Intensity 70 – 80%
Cool down jogging and walking for 10 minutes
### Wednesday

**Warming and Stretching for 20 minutes**

<table>
<thead>
<tr>
<th>Set 1</th>
<th>6 x with 50&quot; active recovery</th>
</tr>
</thead>
<tbody>
<tr>
<td>Set 2</td>
<td>4 x with 70&quot; active recovery</td>
</tr>
</tbody>
</table>

Set 1: Sprint 50 metres. Walk back to starting point x 6 repetitions

Rest interval 3 minutes after Set 1.

Set 2: Sprint 75 metres. Walk back to starting point x 4 repetitions.

Rest interval 4 minutes after Set 2.

Set 3: Sprint 20 metres. Walk back 20 metres.

Rest interval 5 minutes after set 3.

Target heart rate 128 - 146. Intensity 70 – 80%

Cool down jogging and walking for 10 minutes

---

### Friday

**Warming up and Stretching for 20 minutes.**


Sprint 50 metres. Walk 50 metres.

Sprint 75 metres. Walk 75 metres

Sprint 50 metres. Walk 50 metres

40 metres = 1 set x 6 sets

Rest interval 8 minutes after each set

Target heart rate 128 – 146. Intensity 70 – 80%
<table>
<thead>
<tr>
<th>SEVENTH WEEK</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
</tr>
</tbody>
</table>
| Warming up and Stretching for 20 minutes  
10 metres sprint, walk 10 metres to starting position x 8 sets.  
2 minutes rest interval after each set.  
20 metres sprint, walk 20 metres to starting position x 6 sets.  
2 minutes rest interval after each set.  
30 metres sprint, walk 30 metres to starting position x 4 sets  
2 minutes rest interval after each set.  
40 metres sprint, walk 40 metres to starting position x 2 sets  
Rest interval 3 minutes.  
Target heart rate 146 – 164. Intensity 80 – 90%.  
Cool down jogging and walking for 10 minutes. |
| **Wednesday**|
| Warming up and Stretching for 20 minutes  
20 metres sprint, walk 20 metres to starting position x 6 sets  
40 metres sprint, walk 40 metres to starting position x 4 sets.  
60 metres sprint, walk 60 metres to starting position x 3 sets  
Recovery interval after each set is 2 minutes.  
Target heart rate 146 – 164. Intensity 80 -90%  
Cool down jogging and walking for 10 minutes |
**Friday**

Warming up and Stretching for 20 minutes
Run 100 metres. Walk 100 metres x 3 sets
Run 75 metres. Walk 75 metres x 3 sets.
Run 50 metres. Walk 50 metres x 4 sets.
Run 25 metres. Walk 25 metres x 4 sets
Rest interval 2 minutes after each set.
Target heart rate 146 – 164. Intensity 80 - 90%
Cool down jogging and walking for 10 minutes

**EIGHTH WEEK**

**Monday**

Warming up and Stretching for 20 minutes

To complete 8 sets.
3 minutes rest interval after each set
Target heart rate 50 -60 % = 91 -110. 60 -70% = 110 – 128. 80 – 90% = 146 - 164
Cool down jogging and walking for 10 minutes
### Wednesday

Warming up and Stretching for 20 minutes

To complete 8 sets.
3 minutes rest interval after each set
Target heart rate: 50 - 60% = 91 - 110. 60 - 70% = 110 - 128. 80 - 90% = 146 - 164
Cool down jogging and walking for 10 minutes

### Friday

Warming up and Stretching for 20 minutes

To complete 8 sets.
3 minutes rest interval after each set
Target heart rate: 70 - 80% = 128 - 146. 90 - 100 = 164 - 183
Cool down jogging and walking for 10 minutes
<table>
<thead>
<tr>
<th>NINETH WEEK</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
</tr>
</tbody>
</table>

Walking, Jogging, Running Backwards = Heart rate $50 - 60\% = 90 - 100$

Sprint = Heart rate $90 - 100\% = 164 - 183$

Five repetitions. Three minutes of rest interval after each set.

Cool down jogging and walking for 10 minutes.
<table>
<thead>
<tr>
<th>Day</th>
<th>Activity Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>Warm up and Stretching for 20 minutes&lt;br&gt;Run 100 metres. Walk 100 metres. x 2 sets&lt;br&gt;Rest interval after set 3 minutes.&lt;br&gt;Run 75 metres. Walk 75 metres x 4 sets.&lt;br&gt;Rest interval after set 3 minutes&lt;br&gt;Run 50 metres. Walk 50 metres x 4 sets&lt;br&gt;Target heart rate= 164 - 183 = 90 - 100%&lt;br&gt;Cool down jogging and walking for 10 minutes</td>
</tr>
<tr>
<td>Friday</td>
<td>Stretching and warm up for 15 minutes&lt;br&gt;Run 50 metres. Walk 50 metres x 5 sets&lt;br&gt;Rest interval 3 minutes after each set.&lt;br&gt;Run 75 metres. Walk 75 metres x 5 sets&lt;br&gt;Rest interval 3 minutes after each set.&lt;br&gt;Run 25 metres. Walk 25 metres x 5 sets&lt;br&gt;Rest interval 3 minutes after each set.&lt;br&gt;Target heart rate= 164 - 183 = 90 - 100%&lt;br&gt;Cool down jogging and walking for 10 minutes</td>
</tr>
<tr>
<td>Day</td>
<td>Exercises</td>
</tr>
<tr>
<td>----------</td>
<td>---------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Monday</td>
<td>Warm up and Stretching and warm up for 20 minutes. 5 sets with an interval of 2 minutes after each set. Walk back to the starting point after each sprint. Sprints. Target heart rate $90 - 100% = 164 - 183$. Running backwards and Running sideways. Target heart rate $50 - 60% = 91 - 110$.</td>
</tr>
</tbody>
</table>
Friday

Warm up and Stretching for 20 minutes

Set 1 - Start from lap 1 and finish with lap 5 x 2 sets.
Set 2 – Start from lap 5 and finish with lap 1 x 3 sets.
Rest interval 2 minutes after each set
Target heart rate for jog 50–60% = 91 – 110.
Sprint 90–100% = 164 - 183

Cool down jogging and walking for 10 minutes