

# TOMAREE STRENGTH PROGRAM (TSP)

The image shows a well-equipped gym with various pieces of exercise equipment. In the foreground, there is a large piece of gym equipment, possibly a lat pulldown machine. In the middle ground, there are several weight benches and a rack of weights. The gym has a high ceiling with exposed ductwork and fluorescent lighting. The walls are made of corrugated metal. The floor is covered with dark rubber mats. The text 'TOMAREE STRENGTH PROGRAM (TSP)' is overlaid in white on the left side of the image.

# WHAT IS THE TSP?

- The TSP is a program for any student who is interested in fitness and wanting to improve on it
- Each student will receive an individualised strength and conditioning program
- Students will also be able to participate in sprint sessions to work on their speed and agility





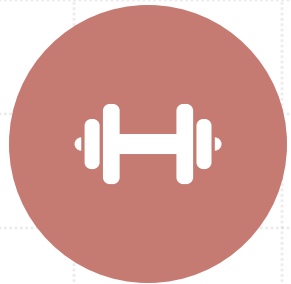
## WHEN WILL IT RUN?

The days the program will run, depend on the students who apply and what commitments they have (e.g. training on certain days)

Morning session (7:15am–8:15am)

Afternoon session (2:30pm–3:30pm)

# WHAT DOES IT INVOLVE



Students will receive an individualised strength and conditioning program that they will complete.



Sprint sessions (focussing on agility and speed)



Group gym sessions (specifically working on educating students about why we train certain ways and muscle groups)



Fitness testing will happen throughout the year to ensure students are improving on their goals

# HOW TO APPLY



Complete the Microsoft form by  
Wednesday Week 10 18<sup>th</sup> December



Link is on your year group TEAMS page



There will be a QR code outside the PE  
staffroom



<https://forms.office.com/r/VFjNhhdPjR>



# QUESTIONS

- Any questions please see Mrs Holmes in the PE staff room

