Methods of Training

Chapter 7 - Knowledge Organiser

Circuit training

Exercises for different muscle groups at stations

Continuous training

Continuous activities with max HR between 60% and 80%

Fartlek training

Involves fast & slow activity over a variety of terrain or hills

HIIT

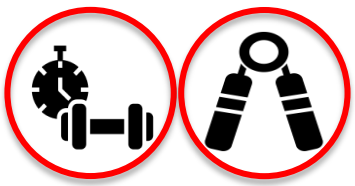
Involves periods of intense work followed by rest periods

Plyometric training

Moving from muscle extension to contraction in an explosive manner

Weight training

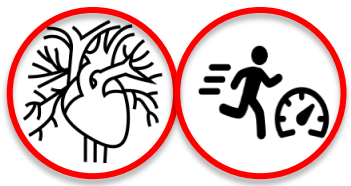
Involves using free weights, resistance weights & kettle bells



Muscular endurance

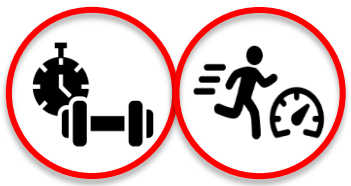
Strength

CV endurance



CV endurance

Speed



Muscular endurance

Speed

Power

Strength

Power

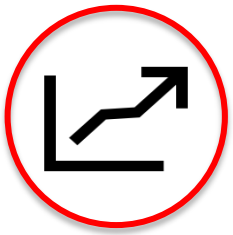
Principles of Training & Overload

Chapter 7 - Knowledge Organiser

S

Specificity

Training must focus on specific activities to improve the athlete's fitness or particular muscle groups needed for their sport and/or position



P

Progression

Occurs when the body adapts to training and moves to a new level of fitness

O

Overload

When the level of training is raised to a level higher than normal. This can achieved by an increase in any of the FITT principles

R

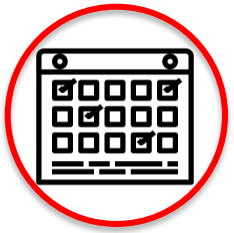
Reversibility

If training intensity is reduced or stopped, there can be deterioration of any progress previously made

T

Tedium

Boredom! This is an indicator that training needs to changed and made more interesting and useful



F

Frequency

How often you train

I

Intensity

How hard you train

T

Time

How long you train for

T

Type

Activities need to be useful and enjoyable. Vary activities to avoid tedium