



Principles of Training
 Specificity, progression, overload and reversibility
 Frequency, intensity, time and type

Frequency - the amount of times a person trains within a week
 Intensity - this is how hard the training is on a scale of low to high.
 Time - this is how long one training session lasts for.
 Type - this is the method of training used within the programme.

Task

- Work out your maximum heart rate.
- Work out your heart rate within the aerobic training threshold.
- Work out your heart rate within the anaerobic training threshold.
- Now pick a famous athlete and work out the three questions again.

Specificity - the activity you complete within a training programme should be relevant to a specific sport or activity.
Progression - this is ensuring that the training gradually becomes more difficult so that you can see improvement.
Overload - ensuring that the body works harder than normal and involves some discomfort to ensure improvement is made.
Reversibility - if training stops then performance can deteriorate and fitness gains will be lost.

Aerobic training threshold is when a person's heart rate is between 60-80% of their maximum heart rate.
 Anaerobic training threshold is when a person's heart rate is above 80% of the maximum heart rate.
 This is whenever a person is exercising.

The maximum a person's heart rate can be is 220 bpm. To work out maximum heart rate, it is 220 - age.

Training Thresholds

Maximum heart rate
 Aerobic training threshold
 Anaerobic Training threshold

Task

- Design a 4 week training programme for a sports person of your choice. Why have you picked specific methods of training? How many times a week will you train?
- Make sure you consider all of the principles of training.