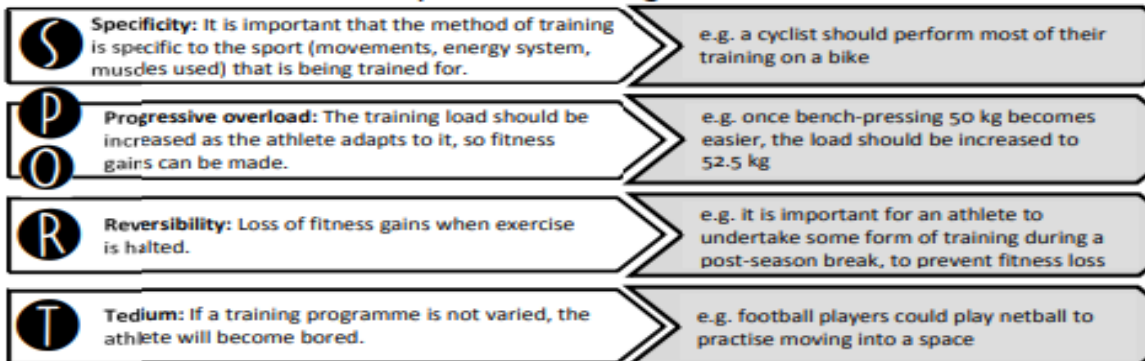


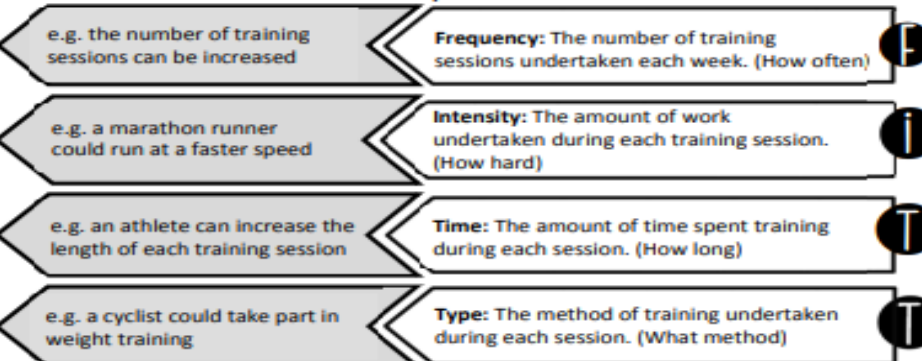
# Principles of Training and their Application to Training Programmes

There are two key principles which should be applied when creating and delivering any training programme. These principles ensure that the participant is able to develop their skills over time.

## Principles of training: SPORT



## Principles of overload: FITT



**Remember!**  
It is important that training intensity and rest periods are appropriate for the training goals that an athlete has; for example, an athlete who wants to increase their muscular endurance should not be weight training with high weights and low repetitions.

## Types of training

The type of training that is performed by athletes depends on the sport for which they are training. The different types of training and their uses are outlined below.



Circuit Training	Continuous Training	Fartlek Training	High-intensity Training	Static Stretching	Weight Training	Plyometrics
<b>What?</b> A number of activities at different stations; the athletes move between each station with periods of rest between exercises	<b>What?</b> Physical activity which involves prolonged periods of aerobic exercise, such as running or cycling	<b>What?</b> Also known as speed play – interval exercise performed on different terrains, at different speeds or with different periods of work and rest	<b>What?</b> Intermittent periods of high-intensity exercise with periods of recovery or low-intensity exercise	<b>What?</b> A range of isometric stretches are held for 30 seconds and then repeated	<b>What?</b> Weights are lifted in a series of movements which target different muscle groups and allow the adaptation of the muscle	<b>What?</b> An eccentric contraction is performed and followed by a larger, concentric contraction
<b>Components</b> All components	<b>Components</b> Cardiovascular and muscular endurance	<b>Components</b> Cardiovascular and muscular endurance	<b>Components</b> Power, cardiovascular and muscular endurance	<b>Components</b> Flexibility	<b>Components</b> Strength, power and muscular endurance	<b>Components</b> Power
<b>Advantages</b> <ul style="list-style-type: none"> <li>It can be made appropriate for all sports</li> <li>Can work on all components of fitness</li> <li>Easy to monitor progress</li> </ul>	<b>Advantages</b> <ul style="list-style-type: none"> <li>Requires little equipment</li> <li>Easy to perform</li> </ul>	<b>Advantages</b> <ul style="list-style-type: none"> <li>Can be made appropriate for different sports</li> </ul>	<b>Advantages</b> <ul style="list-style-type: none"> <li>Can be performed with little equipment</li> <li>Not time-consuming</li> </ul>	<b>Advantages</b> <ul style="list-style-type: none"> <li>Easy to perform</li> <li>Requires no equipment</li> </ul>	<b>Advantages</b> <ul style="list-style-type: none"> <li>Easy to track progress</li> </ul>	<b>Advantages</b> <ul style="list-style-type: none"> <li>Can be performed with little equipment</li> </ul>
<b>Disadvantages</b> <ul style="list-style-type: none"> <li>Requires a lot of equipment and space</li> </ul>	<b>Disadvantages</b> <ul style="list-style-type: none"> <li>Can become boring</li> <li>Takes up a lot of time</li> </ul>	<b>Disadvantages</b> <ul style="list-style-type: none"> <li>Can become boring</li> <li>Hard to track progress</li> </ul>	<b>Disadvantages</b> <ul style="list-style-type: none"> <li>Not appropriate for all participants</li> <li>Can become boring</li> <li>Requires high levels of motivation</li> </ul>	<b>Disadvantages</b> <ul style="list-style-type: none"> <li>Requires correct technique to avoid injury</li> </ul>	<b>Disadvantages</b> <ul style="list-style-type: none"> <li>Requires specialised equipment</li> <li>Requires correct technique to avoid injury</li> </ul>	<b>Disadvantages</b> <ul style="list-style-type: none"> <li>Requires correct technique to avoid injury</li> </ul>
<b>Useful for</b> Can be made appropriate for all athletes, depending on the activities performed	<b>Useful for</b> Appropriate for those who perform prolonged exercise and require cardiovascular endurance, e.g. marathon runners	<b>Useful for</b> Appropriate for those who perform prolonged exercise and require cardiovascular and muscular endurance, e.g. cyclists	<b>Useful for</b> Appropriate for those who work anaerobically, e.g. 100 m sprinters	<b>Useful for</b> Appropriate for those who need flexibility, e.g. gymnasts	<b>Useful for</b> Appropriate for those who need strength, e.g. rugby players	<b>Useful for</b> Appropriate for those who require quick and strong contractions, e.g. sprinters