



EXERCISE AND TRAINING

THE PRINCIPLES OF TRAINING

OBJECTIVES



- Understand the 4 basic principles of training - SPOR

SPOR - SPECIFICITY



- Training must be specific to
 - The sport or activity – swimmers swim
 - The type of fitness required – eg. Endurance, marathon runner
 - Particular muscle groups – shot putter, muscular strength in the arms (power)

- Pressure training

SPECIFICITY – PRESSURE TRAINING

- Write bullet point notes on pressure training p24
- Give an example of pressure training in your sport

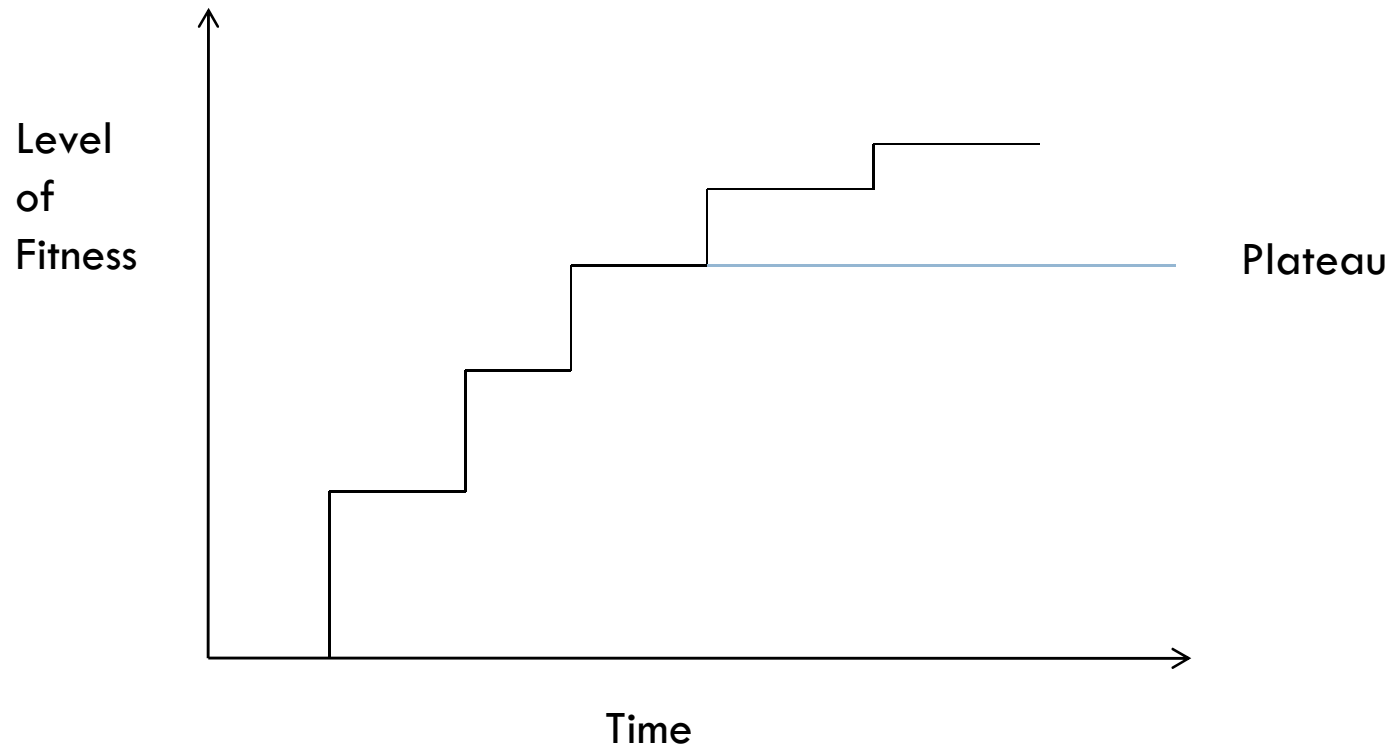


SPOR - PROGRESSION



- As the body adapts to training it **PROGRESSES** to a new level of fitness
- Progress to the next level is achieved by **GRADUAL INCREASE IN INTENSITY** to create **OVERLOAD**

SPOR - PROGRESSION



SPOR - PROGRESSION



- Most progress is made in the early stages
- At higher levels of fitness there is less progress
- A PLATEAU may be reached where further PROGRESSION to a higher level of fitness is difficult to achieve
- Are you ready to PROGRESS?
 - ▣ Did I manage to complete the session?
 - ▣ Did I feel bad during the exercise?
 - ▣ Did I feel I could have done more?
 - ▣ Was I stiff or sore the next day?

SPOR - Overload



- Training must be raised to a higher level than normal to create the extra demands to which the body will adapt
- **FITT** Principle

SPOR – Overload - FITT



- **F**requency
 - ▣ By training more often – 3,4 times a week
- **I**ntensity
 - ▣ By running faster, lifting heavier weights
- **T**ime
 - ▣ By training longer to prolong demands
- **T**ype
 - ▣ Although specificity is important, you need to vary training and add something to relieve TEDIUM

SPOR - Overload

- Read Sarah's training diary on page 26, and answer the following questions
 1. How has Sarah used each of the principles of FITT to OVERLOAD her training?
 2. What evidence is there that Sarah has PROGRESSED?



SPOR - REVERSIBILITY

- Training effects are reversible
- If exercise is reduced in intensity or stopped then the benefit is quickly lost
- Deterioration sets in after a week
- Strength and speed are gradually lost with muscles losing their tone and size - ATROPHY



SPOR - REVERSIBILITY



- OVERTRAINING
- Overtraining can make you ill
 - ▣ Soreness
 - ▣ Joint pains
 - ▣ Sleeping problems
 - ▣ Loss of appetite
 - ▣ Feelings of anxiety and tiredness
- Signs that you should cut down training / take a break

HOMEWORK

- Page 27 questions 1-5