

PRINCIPLES OF TRAINING

Training should be matched to the individual needs of the performer. When designing a training programme, the Principles of Training should be applied.

SPECIFICITY



Training programmes must be specific to the chosen activity.

Tailoring training to the needs of performers will ensure that they train the correct muscles and body systems for their chosen activity. For example, the training needs of a marathon runner will be different from those of a weightlifter.

PROGRESSIVE OVERLOAD

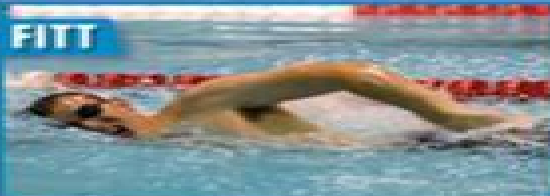


To improve and to continue to develop, a training programme must gradually be made more difficult.

As a performer becomes fitter, the training programme needs to be made more difficult to ensure fitness gains continue.

The increase in intensity must be gradual because increasing the intensity too quickly can increase the risk of injury.

FITT



To become fitter, you must progressively work your body harder than normal. This can be achieved by applying the FITT principles.

Frequency – how often you exercise

Intensity – how hard you exercise

Time – how long you exercise for

Type – how your training matches your chosen activity

REST AND RECOVERY



REST is the time allowed for recovery.

RECOVERY is the time required to repair damage caused during exercise.

Rest must be included in any training programme to allow the body time to recover (repair and adapt). A recovery period enables the performer's body to adapt to the stress placed upon it during exercise. Important elements of rest and recovery include sleep, good nutrition and hydration.

REVERSIBILITY



Exercise improves fitness. If you stop exercising, your fitness levels drop.

If you train, your muscles get bigger (hypertrophy). Alternatively, if you stop training, your muscles get smaller (atrophy).

Although rest periods are an essential element of recovery, extended rest periods result in a reduction of physical fitness at a rate much higher than it was achieved – *if you don't use it, you lose it!*

Remember!

To avoid injury, all training programmes should include a full warm-up and cool-down.

Principles Of Sports Training

R Sanford



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