

Method of training

SPOR and principles of training

PRINCIPLES OF EXERCISE

- Overload**
Training must be raised to a higher level than normal to create the extra demands to which your body will adapt.
↑ Intensity, Frequency, Duration
- Specificity**
Training must be specific to the sport or activity, the type of fitness required and the particular muscle groups.
- Progression**
As your body adapts to training, you progress to a new level of fitness. To then take this to the "next level", a gradual increase in intensity is needed to create an overload.
- Reversibility**
The effects of training are reversible. If exercise is reduced in intensity or even stopped, the benefit can be lost quickly.
- Adaptation**
With continued practice, your body will eventually turn a new sport, activity or movement skill into second nature.
- Individual Differences**
Each person has a different response to an exercise or training program and each person needs to exercise and train accordingly.

Method of training

- CONTINUOUS**
 - Long periods of moderate work, without rest.
 - Improves cardiovascular fitness and muscle endurance.
 - Suitable for distance runners and tri-athletes.
- FLEXIBILITY/MOBILITY**
 - Stretching methods including static, dynamic and Proprioceptive Neuromuscular Facilitation (PNF).
 - Improves range of movement, reducing the chance of injury.
 - Beneficial for all sporting activities, in particular gymnastics and dance.
- FARTLEK (SPEED PLAY)**
 - A continuous workout, involving changes in speed and/or terrain.
 - Improves recovery time and both aerobic and anaerobic fitness.
 - Suitable for cross country runners and team games involving changes in speed.
- WEIGHT TRAINING**
 - A workout using weights as a form of resistance.
 - Can be tailored to improve muscular endurance, power and strength.
 - Suitable for all activities and general fitness/toning.
- CIRCUIT**
 - A series of exercises performed in a circuit.
 - Improves cardiovascular endurance and muscular endurance.
 - Excellent for general fitness and can be structured to suit most sports.
- PLYOMETRICS**
 - A series of explosive movements such as jumps, bounds, hops etc.
 - Improves power.
 - Excellent for activities that require explosive strength, e.g. long/high jump.
- INTERVAL**
 - Involves alternating periods of work and rest.
 - Can be used to improve speed, recovery time, and aerobic and anaerobic fitness.
 - Suitable for team games involving short bursts of speed.
- SAQ (SPEED, AGILITY, QUICKNESS)**
 - Exercises aimed at activating neural pathways.
 - Improves speed, agility and quickness.
 - Suitable for team games involving changes in direction.

FITT Principles

FITT	
Frequency	the number of training sessions completed over a period of time, usually per week.
Intensity	how hard an individual will train.
Time	how long an individual will train for.
Type	how an individual will train by selecting a training method to improve a specific component of fitness and/or their sports performance.

Pre Season training

Speed/agility	Tempo runs	Speed/agility	Tempo runs	Speed/agility	Recovery	
Explosive MB throws	MB circuits	Weights	MB circuits	Explosive MB throws	bike or swim	
Weights	Upper body circuits		Upper body circuits	Weights	Soft tissue work	
	Ab work		Ab work			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
High	Low	High	Low	High	Low	Off

- Homework 1- Remember the principles of training (SPOR)
- Homework 2- Understand the FITT principles in regards to overloading fitness levels
- Homework 3- Remember all the methods of training and describe their suitability to certain sports
- Homework 4- Design a pre-season training programme for your sport