











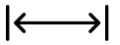

Aerobic Endurance – Methods of Training

		Method	Definition / key information	(Dis) Advantages
1.		CONTINUOUS TRAINING	<ul style="list-style-type: none"> This is training at a steady pace. Moderate intensity. Minimum period of 30 minutes. 	<ul style="list-style-type: none"> Repetitive = Hard to keep motivated Can be made sport specific Easy to adapt
2.		FARTLEK TRAINING	<ul style="list-style-type: none"> The intensity of training is varied by running at different speeds or over different terrain. The training is continuous with no rest period. 	<ul style="list-style-type: none"> Space/different locations needed Exciting Can be adapted to suit ability
3.		INTERVAL TRAINING	<ul style="list-style-type: none"> This is where the individual performs a work period followed by a rest or recovery period. Low intensity work followed by rest/recovery Decrease intensity/no. of rest periods to develop aerobic endurance 	<ul style="list-style-type: none"> Injury is easy Repetitive = Hard to keep motivated Sport specific
4.		CIRCUIT TRAINING	<ul style="list-style-type: none"> This is where different stations/exercises are used to develop aerobic endurance Station order is important to avoid fatigue 	<ul style="list-style-type: none"> Lots of space required Some exercises require specialised equipment Can easily be adapted to suit individual needs of individual A large range of exercises to choose from







Flexibility – Methods of Training

		Method	Definition / key information	(Dis) Advantages
5.		STATIC STRETCHING	<ul style="list-style-type: none"> Muscle stretched and held in 1 position 	<ul style="list-style-type: none"> Doesn't prevent injuries. It doesn't make your muscles stretch but instead make them relax Very little knowledge required. Good for all age groups and abilities. It is very safe.
		TYPES OF STATIC STRETCH	ACTIVE STRETCHING	
			PASSIVE STRETCHING	
6.		BALLISTIC STRETCH	<ul style="list-style-type: none"> Fast, jerky movements. Usually bobbing or bouncing 	<ul style="list-style-type: none"> Can strain (pull) your muscles or make them sore. Prepares the muscles for rapid dynamic movement
7.		PNF (Proprioceptive neuromuscular facilitation) stretch	1 st : Stretch muscle to the upper limit of its range of movement 2 nd : Hold in an isometric contraction for 6-10s 3 rd : Relax the muscle and repeat, holding the muscle at its new (Increased) upper limit.	<ul style="list-style-type: none"> Guidance needed to start the session/ need experience Not a lot of equipment needed Prevents fatigue/DOMs after the session. It can also be made sport specific.

Speed – Methods of Training

		Method	Definition / key information	(Dis) Advantages
8.		HOLLOW SPRINTS	- Sprints with a 'hollow' period in-between (Hollow = walking or jogging)	<ul style="list-style-type: none"> Knowledge needed Sport specific
9.		INTERVAL TRAINING	<ul style="list-style-type: none"> High intensity work > Rest/recovery period Rest/recovery period will be short Increase intensity/no. of rest periods to develop speed 	<ul style="list-style-type: none"> Injury is easy Repetitive = Hard to keep motivated Sport specific
10.		ACCELERATION SPRINTS	<ul style="list-style-type: none"> Pace gradually increased from standing/rolling start Rolling > Jogging > Striding > Max sprint Hills/weights/parachutes can also be used 	<ul style="list-style-type: none"> Knowledge needed Sport specific Easy to carry out

Strength, Muscular Endurance And Power – Methods of training

		Focus	% of 1 Rep Max	No. of Reps	Example
11.		MUSCULAR ENDURANCE	Repetitive movement of a muscle/muscle group		TENNIS PLAYER
			50-60%	x20	
12.		ELASTIC STRENGTH	Movements in very close succession.		GYMNAST
			75%	x12	
13.		MUSCULAR STRENGTH	Single movement against a resistance/load.		SHOT PUT
			90%	X6	
		Method	Definition / key information		(Dis) Advantages
14.		CIRCUIT TRAINING	Different stations used to develop muscular strength, endurance or power.		<ul style="list-style-type: none"> Lots of space required Some exercises require specialised equipment Can easily be adapted to suit individual needs of individual A large range of exercises to choose from
15.		FREE WEIGHTS	<u>Exercise order:</u> 1 st : Core (Spine & pelvis stabilisation) 2 nd : Assistance (Main sport/training focus) <u>You should alternate between:</u> - Upper and lower body - Push and pull exercises		<ul style="list-style-type: none"> Some exercises require a spotter Free weights can be a little daunting for beginners. And can sometimes be off-putting Can cause injury if used incorrectly Versatile, a wide range of exercises Closely match the movement patterns you're likely to need for specific sports.
16.		PLYOMETRICS	<ul style="list-style-type: none"> Develops explosive power Max force (Muscle lengthening: Eccentric action) before... Max force: Muscle shortening (Concentric) then muscle lengthening (Eccentric) 		<ul style="list-style-type: none"> Can lead to muscle soreness and an increased risk of injury Greater recovery time needed between sessions Specific movements patterns replicated for sports Minimal equipment required