

KG 1

Methods of Training – Aerobic Endurance

		Method	Definition / key information	(Dis) Advantages
1.		Continuous Training	<ul style="list-style-type: none"> • Training at a steady pace. • Moderate intensity. • Minimum 30 minutes. 	<ul style="list-style-type: none"> • Repetitive = Hard to keep motivated • Doesn't suit team sport players • Can be made sport specific • Can be done anywhere
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 made sport specific
3.		Interval training	<ul style="list-style-type: none"> • A low to moderate intensity work period followed by a rest or recovery period. • Decrease intensity, number or length of rest periods to develop aerobic endurance 	<ul style="list-style-type: none"> • Injury is easy • Repetitive = Hard to keep motivated • Sport specific • Suited to team sport players
4.		Circuit training	<ul style="list-style-type: none"> • 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

KG 2

Methods of Training – Flexibility

		Method	Definition / key information	(Dis) Advantages
5.	Static stretching		Muscle stretched and held in 1 position	<ul style="list-style-type: none"> • Doesn't significantly increase flexibility • Static stretches cool you down so not suitable for a warm-up • Safest form of stretching • Can be used to relieve cramp / aches • Can be performed at any flexibility / experience level
		Active stretching	<ul style="list-style-type: none"> • The stretch is performed <u>a</u>lone. • Athlete applies internal force to the muscle 	
		Passive stretching	<ul style="list-style-type: none"> • Involves a <u>p</u>erson or <u>p</u>iece of equipment. • External force causes the muscle to stretch 	
6.		Ballistic stretch	<ul style="list-style-type: none"> • Fast, jerky movements. • Usually <u>b</u>obbing or <u>b</u>ouncing 	<ul style="list-style-type: none"> • You can pull a muscle easily • Needs high levels of flexibility • Prepares the muscles for rapid dynamic movement • It can replicate some specific movements from sport
7.		PNF stretch (proprioceptive neuromuscular facilitation)	<ol style="list-style-type: none"> 1. Stretch muscle to the upper limit of its range of movement 2. Hold in an isometric contraction for 6-10s 3. Relax the muscle and repeat, holding the muscle at its new (Increased) upper limit. 	<ul style="list-style-type: none"> • Needs to be carried out by trained professional • Can cause injury if done incorrectly • Requires two people • Increases flexibility rapidly • Can be made sport specific • Good for rehabilitation

KG 3		Methods of Training – Speed		
		Method	Definition / key information	(Dis) Advantages
8.		Hollow sprints	<ul style="list-style-type: none"> Sprints with a 'hollow' period in between Hollow = walking or jogging Improves speed endurance 	<ul style="list-style-type: none"> Knowledge needed Can be made sport specific
9.		Interval training	<ul style="list-style-type: none"> High intensity work followed by rest/recovery period Increase work intensity and number of rest periods to develop speed Improves pure speed 	<ul style="list-style-type: none"> Injury is easy Repetitive = Hard to keep motivated Can be made sport specific
10.		Acceleration sprints	<ul style="list-style-type: none"> Pace gradually increased from standing/rolling start to max sprint Hills/weights/parachutes can also be used to progressively overload 	<ul style="list-style-type: none"> Knowledge needed Can be made sport specific Easy to carry out

KG 4		Methods of Training – Muscular Endurance, Power and Strength				
		Method	Definition / key information	(Dis) Advantages		
11.		Free weight training	Use of dumbbells / barbells	<ul style="list-style-type: none"> Some exercises require a spotter Free weights can be daunting for beginners. Can cause injury if used incorrectly Versatile, a wide range of exercises can be carried out Closely match the movement patterns you're likely to need for specific sports. 		
			Exercise Order:			
			1.		1 st Core (Spine & pelvis stabilisation) 2 nd Assistance (Main focus)	
			2.		Alternative between: - Upper and lower body - Push and pull exercises	
			Component		% of 1 Rep Max	Number of Reps
			Muscular endurance		50 – 60%	20
			Muscular power		75%	12
Muscular strength	90%	6				
12.		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 Range of exercises to choose 		
13.		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 Specific movements patterns replicated for sports Minimal equipment required 		