

Principles of Training

Task

Drag the correct terms/definitions into the boxes provided.

Training programme principles

How long to train.

How hard to train.

Which method of training.

How often to train.

SPECIFICITY

INDIVIDUAL DIFFERENCES

VARIATION

REST AND RECOVERY

PROGRESSIVE OVERLOAD

ADAPTATIONS

REVERSIBILITY

If training stops, or the intensity is not sufficient to cause adaptation, training effects are reversed

How the body reacts to training loads by increasing its ability to cope with these loads.

The programme should be designed to meet individual training goals and needs.

Training should be specific to the individuals sport, activity or fitness goals to be developed.

It's important to do different activities in training to prevent boredom.

In order to progress, training needs to be demanding enough to cause the body to adapt, improving performance.

Rest is required to recover. During recovery the body repairs any damage caused by exercise.

Frequency

Intensity

Time

Type

Learn | Believe | Achieve