

## Principles of training



Paula trained 5 days per week, mainly doing continuous training. She increased this to 7 days per week without a break until she got injured. She has now had to stop completely and has noticed she is beginning to lose her fitness gains.

### Task

Complete the table below by identifying the components of FITT and principles of training discussed in the text above. IF possible, suggest how the components of FITT can be altered to improve performance.

Component of FITT	
Component of FITT	
Principle of training	
Principle of training	



Barry has just started to play Lacrosse. He trains for 30 minutes each session, completing circuit training each time. He originally tried to train with his friend who has just made the national team, but realised he couldn't do this as he was not at the same standard. Barry plans to increase his training to 35 minutes per session in two weeks' time and then to 40 minutes a session two weeks later.

### Task

Complete the table below by identifying the components of FITT and principles of training discussed in the text above.

Component of FITT	
Component of FITT	
Principle of training	
Principle of training	

FREQUENCY

TYPE

TIME

TYPE

INDIVIDUAL  
DIFFERENCES

PROGRESSIVE  
OVERLOAD

REVERSIBILITY

RECOVERY