



PARTS OF THE TRAINING SESSION

Fill in the gaps with all the words that you know about the parts of the training session:

- **Part 1:** _____.

- **Part 2: Warm up** _____.

There are two different parts in the warm up:

1. **General warm up.** Usually you do it alone. It has 3 parts:

a. _____.

b. _____.

c. _____.

2. **Specific warm up.** It prepares the body physically and mentally and helps athletes improve two mental things:

a. Confidence _____.

b. _____.

Explain the three things that increase in the warm up:

1. _____.

2. Pulmonary rate _____.

3. _____.

- **Part 3:** _____.

- **Part 4:** _____.

- **Part 5:** _____.