

Continuous training - Involves a steady but regular pace at a moderate intensity (aerobic) which should last for at least 20 minutes. i.e. running, walking, swimming, rowing or cycling.
Used by a **marathon runner**.



Advantages	Disadvantages
<ul style="list-style-type: none"> • Ideal for beginners • Highly effective for long distance athletes 	<ul style="list-style-type: none"> • Can be extremely boring as repetitive

Interval training - Involves periods of work followed by periods of rest. i.e. *Sprint for 20 metre + walk back to start.*
Used by a **200m sprinter**



Advantages	Disadvantages
<ul style="list-style-type: none"> • Quick and easy to set up. • Can mix aerobic and anaerobic exercise which replicates team games. 	<ul style="list-style-type: none"> • It can be hard to keep going when you start to fatigue (high motivation and self discipline needed) • Over training can occur if sufficient rest is not allowed between sessions (48 hours)

Fartlek training – Referred to as ‘**speed play**’

This is a form interval training but without rest. Involves a variety of changing intensities over different distances and terrains.



i.e. *1 lap at 50% max, 1 lap walking, 1 lap at 80% (aerobic and anaerobic used)*

Used by **games players – Hockey players**

Advantages	Disadvantages
<ul style="list-style-type: none"> • More enjoyable than interval and continuous training • Good for sports which require changes in speed • Easily adapted to suit the individuals level of fitness and sport. 	<ul style="list-style-type: none"> • Performer must be well motivated particularly when intensity is high • Difficult to assess whether performer is performing at the correct intensity

Plyometrics training

Involves high-impact exercises that develop **power**. i.e. *bounding/hopping, squat jumps.* Used by **long jumpers, 100 m sprinters or basketball players.**

Advantages
<ul style="list-style-type: none"> • Easy to set up requiring little or no equipment • Hugely effective in developing power
Disadvantages
<ul style="list-style-type: none"> • Can result in injury if not fully warmed up. • Can place a great stress on joints and muscles.



Weight/Resistance training – A form of training that uses progressive resistance against a muscle group. Used by **cyclists**.

Muscular strength: **High weight x low repetitions**

Muscular endurance: **Low weight x high repetitions**



Advantages	Disadvantages
<ul style="list-style-type: none"> • Variety of equipment to prevent boredom • Strengthens the whole body or the muscle groups targeted. • Can be adapted easily to suit different sports 	<ul style="list-style-type: none"> • Requires expensive equipment • If exercises are not completed with the correct technique it can cause injury to the performer

Circuit training - A series of exercises completed one after another. Each exercise is called a station. Each station should work a different area of the body to avoid fatigue.

i.e. *press ups, sit ups, squats, shuttle runs.*



Advantages	Disadvantages
<ul style="list-style-type: none"> • Quick and easy to set up • Easy to complete with large groups • Can be adjusted to be made specific for certain sports. i.e. <i>netball specific circuit</i> 	<ul style="list-style-type: none"> • Technique can be affected by fatigue and can increase risk of injury • Must have motivation and drive to complete the set amount of repetitions and sets.

HIIT Training

These are High Intensity Interval Training activities where speed and recovery are used throughout the session. Exertion levels are high (7/10) for between 30 secs and 3 mins. Work output is much shorter than recovery time. Examples might be Body pump, High Impact Aerobics, Spinning.



Advantages	Disadvantages
<ul style="list-style-type: none"> • Variety avoids boredom • Instructor will challenge & motivate • Great way to meet new people 	<ul style="list-style-type: none"> • Gym membership can be expensive. • Group classes are not tailored to individual needs.

