GCSE Physical Education – Types of Training

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		• Quick a
	Ideal for beginnersHighly effective for long distance athletes	Can be extremely boring as repetitive		 Can mix exercise games.
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Disadvantages

Performer must be well motivated

particularly when intensity is high

performing at the correct intensity

• Difficult to assess whether performer is

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.

· More enjoyable than interval and continuous

· Good for sports which require changes in speed

· Easily adapted to suit the individuals level of

i.e. 1 lap at 50% max, 1 lap walking, 1 lap at 80% (aerobic and anaerobic used) Used by games players - Hockey players

Interval training - Involves periods of work followed by periods	5
rest. i.e. Sprint for 20 metre + walk back to start.	
Used by a 200m sprinter	

Advantages	Disadvantages
 Quick and easy to set up. Can mix aerobic and anaerobic exercise which replicates team games. 	 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)

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

- Easy to set up requiring little or no equipment
- Hugely effective in developing power

Disadvantages

Can result in injury if not fully warmed up.

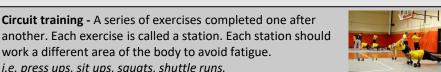
Circuit training - A series of exercises completed one after

work a different area of the body to avoid fatigue.

 Can place a great stress on joints and muscles.

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Weight/Resistance training – A form of training that uses progressive resistance						
against a muscle group. Used b	by cyclists.)			
Muscular strongth:	High woight y low repetitions		1			

Muscular strength: Muscular endurance:

Advantages

training

fitness and sport.

High weight x low repetitions Low weight x high repetitions



Advantages •Variety of equipment to prevent boredom •Strengthens the whole body or the muscle groups targeted. •Can be adapted easily to suit different sports

Disadvantages

- Requires expensive equipment If exercises are not completed with the correct technique it can cause injury to
- the performer

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.

i.e. press ups, sit ups, squats, shuttle runs. Advantages Disadvantages Quick and easy to set up Technique can be affected by fatigue and · Easy to complete with large groups can increase risk of injury Can be adjusted to be made specific for Must have motivation and drive to complete certain sports. i.e. netball specific circuit the set amount of repetitions and sets.

Advantages Disadvantages Variety avoids boredom • Gym membership can be expensive. Instructor will challenge & motivate Group classes are not tailored to individual •Great way to meet new people needs.

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Term	Definition/notes/concept	SCHOOL
Ashperg Meywords:		