

Principles of training - **Guidelines** that ensure **training is effective** and results in **positive adaptations**. These principles are used when planning an Exercise Programmes

PAR-Q – Physical Activity Readiness Questionnaire

Conducted before fitness testing or an activity programme to examine the performer's readiness for training or any health conditions/lifestyle choices that may affect the successful completion.

FITT Principle

Frequency	How often training takes place.	<i>Increase training from once a week to two</i>
Intensity	How hard the exercise is.	<i>Increase resistance from 10kg to 15kg or increase incline on the treadmill.</i>
Time	The length of the session.	<i>Increase training session from 45 minutes to 55 minutes.</i>
Type	The method of training used.	<i>Change to from interval training to Fartlek training.</i>

Progression

Using overload in a progressive way over the course of a programme. Once adaptations have happened overload needs to be applied to make gains again, e.g. lifting more in week 12 than in week 2 of the programme.



Overload

Working the body harder than normal/gradually increasing the amount of exercise you do. *i.e. bench press 50kg x 10 repetitions and increase to 55kg x5 repetitions.*

Reversibility

If training is not regular, adaptations will be reversed. This can happen when:

- Suffering from illness and cannot train
- Injury
- After an off-season.



Specificity

Training should be **matched** to the requirements of the sport or position the performer is involved in.

Training must be specifically designed to develop the right:

- Muscles
- Type of fitness
- Skills



Individual needs

All athletes programmes would differ depending on:

- Performer's goals/targets
- Strength and weaknesses
- Age/gender
- Current health/fitness levels



Overtraining

Occurs when you **train too hard** and do not allow the body enough **rest/recovery time**. Signs/symptoms include: extended muscle soreness, frequent illness & increase injuries.

Calculating Training Zones/Thresholds of Training

Maximum Heart Rate (MHR) = 220 – age

Aerobic target zone: 60–80% of MHR
(60% = $x 0.6$ / 80% = $x 0.8$)

Anaerobic target zone: > 85% MHR
(85% = $x 0.85$)



