

Paper 1: Optimising training - reduce the risk of injury

- ✪ Wear safe clothing/footwear
- ✪ Wear bracing, if required
- ✪ Maintain hydration
- ✪ Perform stretches prior to physical activity, but do not overstretch or bounce
- ✪ Use the correct technique
- ✪ Ensure adequate rest is taken
- ✪ Warm up before stretching the muscles
- ✪ Avoid overtraining
- ✪ The training should be appropriate for what you are intending to train, e.g. the correct intensity for aerobic/anaerobic training



Paper 1: Optimising training – training seasons

There are three distinct phases of a season and each phase involves different types of training. The differences between each season are outlined below.

Revision Success Tip!

Remember! You will need to be able to apply these seasons to different sports.



Season	What Happens
Pre-season	During pre-season training, athletes develop their general fitness levels as well as sport-specific fitness levels in order to ensure that they are fit for the season.
Competition	During the competition season, the athlete trains in order to keep their fitness at the level they achieved during pre-season training, and they practise skills which are required when competing in their sport.
Post-season	Immediately after the season ends, the athlete will rest in order to recover from the previous season. They will then take part in some undemanding aerobic training in order to ensure that they maintain a baseline level of fitness .