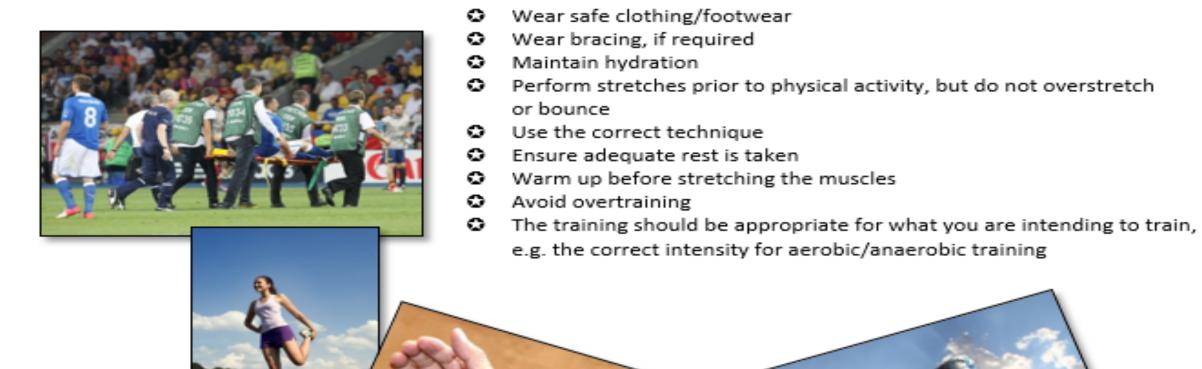
## Paper 1: Optimising training - reduce the risk of injury



## 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 different sports.
Pre-season	During pre-season training, athletes develop their <b>general fitness</b> levels as well as <b>sport</b> - <b>specific fitness</b> 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 <b>fitness</b> at the level they achieved during pre-season training, and they practise <b>skills</b> 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.