

Paper 1: Types of training

Circuit Training	Continuous Training
What? A number of activities at different stations; the athletes move between each station with little or no rest	What? Physical activity which involves prolonged periods of aerobic exercise, such as running or cycling
Components All components	Components Cardiovascular and muscular endurance
Advantages <ul style="list-style-type: none">★ It can be made appropriate for all sports★ Can work on all components of fitness★ Easy to monitor progress	Advantages <ul style="list-style-type: none">★ Requires little equipment★ Easy to perform
Disadvantages <ul style="list-style-type: none">★ Requires a lot of equipment and space	Disadvantages <ul style="list-style-type: none">★ Can become boring★ Takes up a lot of time
Useful for Can be made appropriate for all athletes, depending on the activities performed	Useful for Appropriate for those who perform prolonged exercise and require cardiovascular endurance, e.g. marathon runners

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Fartlek Training	High-intensity Training
What? Continuous exercise performed on different terrains, at different speeds or with different periods of work and rest	What? Intermittent periods of high-intensity exercise with periods of recovery or low-intensity exercise
Components Cardiovascular and muscular endurance	Components Power, cardiovascular and muscular endurance
Advantages <ul style="list-style-type: none">★ Can be made appropriate for different sports	Advantages <ul style="list-style-type: none">★ Can be performed with little equipment★ Not time-consuming
Disadvantages <ul style="list-style-type: none">★ Can become boring★ Hard to track progress	Disadvantages <ul style="list-style-type: none">★ Not appropriate for all participants★ Can become boring★ Requires high levels of motivation
Useful for Appropriate for those who perform prolonged exercise and require cardiovascular and muscular endurance, e.g. cyclists	Useful for Appropriate for those who work anaerobically, e.g. 100 m sprinters