

Paper 1: Principles of training

Remember!

It is important that training intensity and rest periods are appropriate for the training goals that an athlete has; for example, an athlete who wants to increase their muscular endurance should not be weight training with high weights and low repetitions.



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