

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 .

Paper 1: Optimising training – Altitude training

High altitude training is used by endurance athletes and involves training for several weeks at high altitude (approximately 2400m above sea level) in order to experience physical adaptations.

How it is carried out:

1. Athletes carry out their normal aerobic training at high altitude.
2. Due to the lack of oxygen, the oxygen-carrying capacity of the blood is reduced at high altitude.
3. Therefore, more red blood cells are produced in order to provide the muscles with oxygen.

Limitations

- ★ The benefits of high-altitude training are not long-lasting.
- ★ Altitude sickness can be experienced, which makes it hard for athletes to complete their normal levels of training.
- ★ If training cannot be completed due to sickness, fitness can be lost.

Benefits

- ★ This method can be useful for any athlete who works aerobically
- ★ Improves cardiovascular endurance at sea level

