

## Principles of overload: FITT

e.g. the number of training sessions can be increased

**Frequency:** The number of training sessions undertaken each week.



e.g. a marathon runner could run at a faster speed

**Intensity:** The amount of work undertaken during each training session.



e.g. an athlete can increase the length of each training session

**Time:** The amount of time spent training during each session.



e.g. a cyclist could take part in weight training

**Type:** The method of training undertaken during each session.



## 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.

