

Paper 1: Types of training

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

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Static Stretching	Weight Training
What? A range of isometric stretches are performed for 30 seconds and then repeated	What? Weights are lifted in a series of movements which target different muscle groups
Components Flexibility	Components Strength, power and muscular endurance
Advantages <ul style="list-style-type: none">★ Easy to perform★ Requires no equipment	Advantages <ul style="list-style-type: none">★ Easy to track progress
Disadvantages <ul style="list-style-type: none">★ Requires correct technique to avoid injury	Disadvantages <ul style="list-style-type: none">★ Requires specialised equipment★ Requires correct technique to avoid injury
Useful for Appropriate for those who need flexibility, e.g. gymnasts	Useful for Appropriate for those who need strength, e.g. rugby players