

Paper 1: Principles of training

There are two key principles which should be applied when creating and delivering any training programme. These principles ensure that the participant is able to develop their skills over time.

Principles of training: SPORT

S

Specificity: It is important that the method of training is specific to the sport that is being trained for.

e.g. a cyclist should perform most of their training on a bike

P

Progressive overload: The training load should be increased as the athlete adapts to it.

e.g. once bench-pressing 50 kg becomes easier, the load should be increased to 52.5 kg

O

R

Reversibility: If a long break is taken from training, improvements will quickly be lost.

e.g. it is important for an athlete to undertake some form of training during a post-season break, to prevent fitness loss

T

Tedium: If a training programme is not varied, the athlete will become bored.

e.g. football players could play netball to practise moving into a space

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.

