

The principles of training

<p>The principles of training: SPOR Specificity Progression Overload Reversibility</p>	<p>Progression Gradual increase of the amount of overload so that fitness improves. But without potential for injury. Once adaptations have occurred make more demands of the body.</p>
<p>Specificity Making training specific to the sport being played / movements used / muscles used / energy system(s) used.</p>	<p>Overload Overload is the gradual increase of stress placed upon the body during exercise training</p> <p>Reversibility Losing fitness levels when you stop exercising. Use it or lose it.</p>

Optimising Training

F I T T

FITT: used to increase the amount of work the body does, in order to achieve overload

- Frequency: how often you train
- Intensity: how hard you train
- Time: length of the training session
- Type: specific method, used eg continuous training..

WARM UP AND COOL DOWN

<p>Warming up should include:</p> <p>Pulse raiser: Activity that increase heart rate and temperature (jogging) Mobility: An activity that takes the joint through its full range of motion (arm circles) Stretching: Activity that increases muscle elasticity (walking lunges) Dynamic movements: Activity that involves changes in speed and direction (shuttle runs) Skill rehearsal: An activity that mirrors game demands</p>	<p>Cooling down should include</p> <p>Low intensity exercise: Gradually decreases temperature and heart and breathing rates Stretching: Static stretches that decrease muscle temperature (hamstring stretch)</p>
<p>Benefits of a warm up:</p> <p>Increasing temperature: Increases flexibility of muscles and range of motion at joints Increasing HR and blood temperature: Increases gaseous exchange and oxygen delivery to muscle All help maximise training intensity and duration and limit fatigue</p>	<p>Benefits of a cool down</p> <p>Return body to resting state Gradual lowering of heart and breathing rates: Maintains oxygen transport and maintains carbon dioxide removal Stretches muscles and lowers muscle temperature: Removes waste products and limits delayed onset muscle soreness</p>