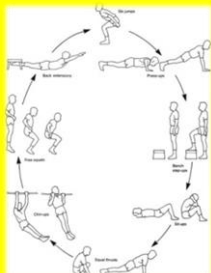


Circuit training

This is a series of different activities that can be either sport-specific or tailored to improve certain aspects of fitness.

Intensity can be easily increased by increasing time on stations and decreasing rest time.

Circuit training is great for variation!



Continuous training

This is a steady pace, low-moderate intensity training method used for developing aerobic endurance.

Continuous training includes working for long periods of time/over long distances without stopping.



Fartlek training

Fartlek training involves running at different speeds or over different terrains.

Walk periods might be included for recovery but there are no rest periods.



Flexibility training

This is used to stretch the muscles and increase flexibility. There are 3 types of flexibility training:

1- Static stretching

-Active: This is performed independently where the performer applies their own force to stretch the muscle.



-Passive: This is known as assisted stretching wherein the performer requires the help of another person or object to stretch the muscle.



2- Ballistic stretching

This is when fast, jerky movements are used through the complete range of motion. This is usually in the form of bobbing or bouncing.



3- Proprioceptive neuromuscular facilitation (PNF)

This is when a muscle is stretched to its limit and then held for 6-10 seconds. The muscle is then relaxed before being stretched again- this time further.



Unit 1

@LWarnerPE

Learning Aim B- Methods of Training

Plyometric training

This method of training is used to develop explosive power and strength. It works by making muscles exert maximal force when contracting and then relaxing rapidly. Plyometric training can include bounding, jumping and press ups with claps.



Weight training

This is used to improve strength or endurance.

Strength endurance: 50-60% of 1RM & 20 reps.

Elastic strength: 75% of 1RM & 12 reps.

Maximum strength: 90% of 1RM and 6 reps.

1RM- the maximum weight a person can lift in one contraction.

Rep- how many times a lift is done. These make up a set.



Interval training

Interval training is where periods of high intensity work are followed by periods of rest. A performer works for a maximum of 5 minutes before resting in preparation to work again. This form of training is specifically useful for power or speed athletes.

