

# Principles of Training



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# Principles of Training

- Specificity
- Progression
- Overload
- Reversibility
- Tedium
- Frequency
- Intensity
- Time
- Type

# Specificity

- Training should match event or position
- Eg Marathon runner should be jogging instead of lifting heavy weights
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# Progression

- Training goals should be changing as we improve
- Should be getting harder
- Eg
  - Week 1: 2km run
- Week 2: 3km run
- Week 3: 4km run

# Overload

- Pushing our bodies to work harder than we think they can
- As we improve we need to make it harder



# Reversibility

- You can lose what you gain
- Use it or lose it!



# Tedium

- Make it fun!
- If it is boring, you will stop





# Frequency

- How often you train
- Rest and sleep are important
- Routine



# Intensity

- Working hard
- Raising our heart rate

	Target zone	% of max HR bpm range	Example duration	Training benefit
Maximize	<b>5</b> MAXIMUM 	90-100% 171-190 bpm	Less than 5 minutes	<b>Benefits:</b> Increases maximum sprint race speed <b>Feels like:</b> Very exhausting for breathing and muscles <b>Recommended for:</b> Very fit persons with athletic training background
Performance	<b>4</b> HARD 	80-90% 152-171 bpm	2-10 minutes	<b>Benefits:</b> Increases maximum performance capacity <b>Feels like:</b> Muscular fatigue and heavy breathing <b>Recommended for:</b> Fit users and for short exercises
Improve Fitness	<b>3</b> MODERATE 	70-80% 133-152 bpm	10-40 minutes	<b>Benefits:</b> Improves aerobic fitness <b>Feels like:</b> Light muscular fatigue, easy breathing, moderate sweating <b>Recommended for:</b> Everybody for typical, moderately long exercises
Lose Weight	<b>2</b> LIGHT 	60-70% 114-133 bpm	40-80 minutes	<b>Benefits:</b> Improves basic endurance and helps recovery <b>Feels like:</b> Comfortable, easy breathing, low muscle load, light sweating <b>Recommended for:</b> Everybody for longer and frequently repeated shorter exercises
	<b>1</b> VERY LIGHT 	50-60% 104-114 bpm	20-40 minutes	<b>Benefits:</b> Improves overall health and metabolism, helps recovery <b>Feels like:</b> Very easy for breathing and muscles <b>Recommended for:</b> Basic training for novice exercisers, weight management and active recovery

# Time

- How long we train for
- Links to intensity, frequency and specificity

# Type

- Many different ways to train
- Methods of training (more on this later!)
- Eg Continuous, interval, circuit

