

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

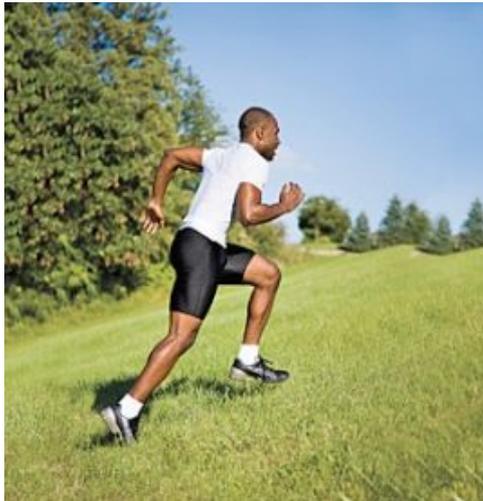


Progression

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

