



# Principles of Training

-Planning training using the principles of training  
 -Individual needs, specificity, progressive overload, FITT, overtraining, reversibility, thresholds of training  
 -Factors to consider when deciding the most appropriate training methods and intensities for different activities and sports.

## Principles of Training

- 1. Individual Needs
- 2. Specificity
- 3. Progressive Overload
- 4. FITT Principle
- 5. Rest & Recovery
- 6. Overtraining
- 7. Reversibility
- 8. Training Thresholds



### Individual Needs

→ The needs of an individual could alter due to their fitness level, weight, gender or previous injuries

The **FITT Principle** is used to make sure that **Progressive Overload** takes place

- Frequency** → How often training takes place
- Intensity** → How 'hard' training is
- Time** → How long training lasts
- Type** → What type of training is used

### Progressive Overload

- This means gradually increasing the amount of overload during training in order to improve fitness but without injury
- If you increase the intensity of your workouts gradually you will make steady improvements

### Specificity

- This means matching training to the requirements of an activity
- Different sports and different positions require athletes to use different training methods in order to reach their potential

### Overtraining

- Occurs when your body trains beyond its ability to recover
- Without adequate rest your fitness can get worse or you may become ill. This can result in time away from training

### Reversibility

→ This means gradually losing fitness and occurs to anybody who stops training

Reasons for Reversibility:

- Injury
- Demotivation
- Off-Season
- Illness
- Fatigue

### Rest & Recovery

→ This is very important during an exercise programme and without adequate rest, injury or burnout become likely

### Training Thresholds

Aerobic Training Threshold → 60-80% of Max HR

Anaerobic Training Threshold → 80-90% of Max HR

Maximum Heart Rate = 220 - Age