

Fitness Training

A tailored training programme will help you achieve your fitness goals. The FITT acronym and calculating target zones make training more efficient.

By using the principles of training as a framework we can plan a personal **training programme** that uses scientific principles to improve performance, skill, game ability and physical fitness.

Basic principles of training

FITT Principles

- Frequency
- Intensity
- Time
- Type



Frequency	Intensity	Time	Type
<p>The number of training sessions completed over a period of time, usually per week.</p> <p>You need to ensure that this is manageable and that you are able to achieve this.</p> <p>Can you still complete this with the demands of work/school/family etc.</p>	<p>How hard an individual will train.</p> <p>You need to ensure that this is not too challenging or too easy.</p> <p>If it is too hard then the individual might get disheartened because they can't do it. If it is too easy then they may get bored.</p>	<p>How long an individual will train for.</p> <p>How long have you got time for?</p> <p>Do not make the sessions too long else the individual might be too tired to carry on. Also they might ache too much to be able to carry out the next session.</p>	<p>How long an individual will train for.</p> <p>How long have you got time for?</p> <p>Do not make the sessions too long else the individual might be too tired to carry on. Also they might ache too much to be able to carry out the next session.</p>



Additional Principles of Training

These principles are to further engage in the training to improve performance and fitness.

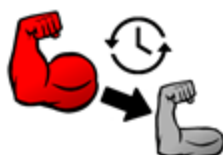
They ensure that the training is completely relevant and specific to the individual. It challenges them appropriately ensuring they are building on their weakness.

Progressive Overload

- Progressive overload is when you gradually increase the weight, frequency, or number of repetitions in your strength training routine. This challenges your body and allows your musculoskeletal system to get stronger.



A VISUAL REPRESENTATION OF PROGRESSIVE OVERLOAD



Adaptations

- The principle of adaptation refers to the process of the body getting used to a particular exercise or training program through repeated exposure.



Additional Principles

- Progressive Overload
- Specificity
- Individual differences
- Adaptations
- Reversibility
- Variation
- Rest and recovery



How to Remember:

Pleased **R**unners **S**mile **V**ery **I**ntensely **A**fter **R**acing

Individual Differences

- Everyone is different.
- Training must be related to the athlete's age and gender, their injury status and fitness levels.
- Any training that fails to be relevant to the individual will fail to motivate the athlete and will prove to be unsuccessful in the long term.



Specificity

- The training must be relevant to the individual and their sport.
- This can be achieved by tailoring training specifically for the sport or even the position that the individual plays, the muscle groups that they use the most or the dominant energy system of the athlete.

Reversibility

- Systems reverse if training stops or is significantly reduced or injury prevents training from training place.
- It is essential to avoid breaks in training and to maintain the motivation of the athlete.

Variation

- Training must be varied, this will help with progression.
- Variance tends to focus on different training sessions and activities still work on the specific component of fitness.

Rest and Recovery

- Physical adaptations occur during the recovery and non-active period of the training cycle.

