



Continuous Training

- Steady training within your aerobic training zone
- No rest periods given
- Can include running, swimming and cycling



Static Stretching

- Holding stretches for up to 30 seconds in order to improve flexibility
- Static stretching can improve performance and decrease the chance of experiencing muscle injuries



Fartlek Training

- Working at different intensities without rest periods – e.g. walking/jogging/sprinting
- Training should also be completed over different terrain
- Can be used for rugby and hockey



PE COMPONENT 1 - TYPES OF TRAINING



Weight Training

- Working against progressive resistance
- This will involve completing a number of sets and reps as part of a training session
- Improves strength and muscular endurance so used in number of sports



Interval Training

- Repeated intervals of high intensity work, followed by rest periods
- Interval Training can be used for swimming and cycling as well as running



Circuit Training

- Involves working on a number of exercises arranged as stations
- The stations can work on different muscle groups and are usually followed by rest periods
- Used for tennis and rugby

Plyometrics

- High intensity training which works on explosiveness
- Activities often include jumping and bounding

