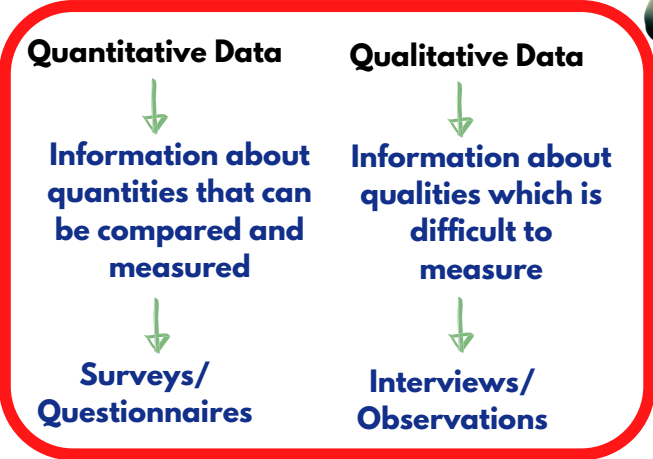




**High Altitude Training**

- An athlete will move to **high altitude** for training as there is **less oxygen** in the air
- The body then compensates by creating **more red blood cells** to carry oxygen
- When moving back to low altitude for a race the athlete is able to get more oxygen to their **working muscles**, giving them a better chance of winning the race



**Seasonal Aspects of Training**



Allows the body time to recover

**PE COMPONENT 1 - INJURY PREVENTION**



**Reasons for Cooling-Down**



**4 Stages of a Warm-Up**

1. Pulse Raiser
2. Stretching
3. Specific Skills Practice
4. Mental Preparation

**A Cool Down should include the following:**

- Activity to maintain elevated breathing and heart rate
- Gradual Reduction in Intensity
- Stretching



**Reasons for Warming-Up**

