

Principles of Training

→ 1. Specificity → 3. Reversibility

→ 2. Progressive Overload → 4. Tedium

The Principles of Training can be remembered using the acronym **SPORT**

Specificity

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

Tedium

- Tedium (boredom) with training can lead to demotivation and eventually reversibility
- Using different types of training will help to keep a performer motivated and on track



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

PE COMPONENT 1 - PRINCIPLES OF TRAINING



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

Reversibility

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

Reasons for Reversibility:

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

