

Chapter Five

Principles of Training

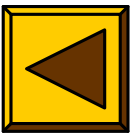


***You will only get out of
training what you put into it.***

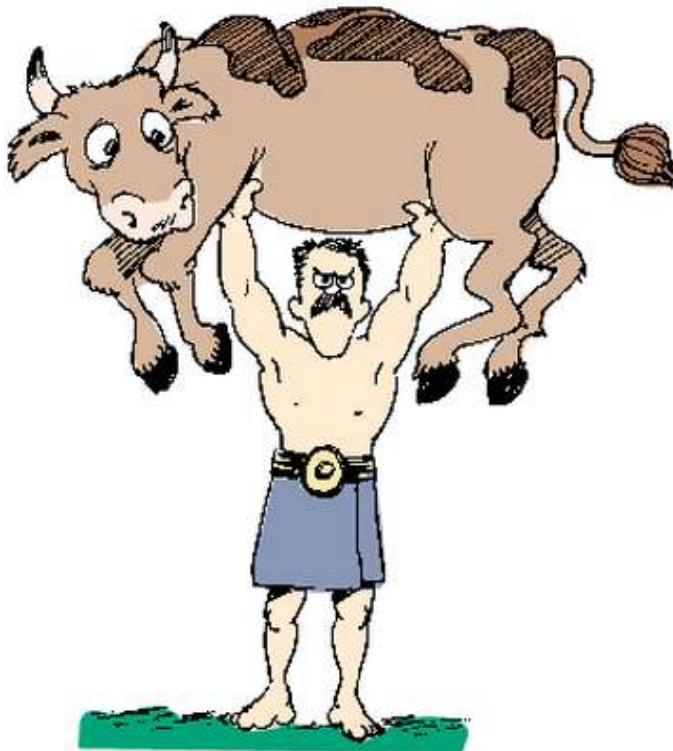
Principle of _____

z The _____ will become _____ and _____ better if _____ demands (overload) are placed upon it.

Vocabulary



Objective



Frequency/Intensity/Time

F.I.T.



F_____ - how _____ you exercise

I_____ - how _____ you
exercise

T_____ - how _____ you
exercise

F.I.T.

Frequency: ____ - ____ days per week

Intensity: ____ - ____ % of maximal heart rate

Time: ____ - ____ minutes per day

Principle of _____

z _____ your workload _____
for maximum _____ and to
prevent _____

Vocabulary



Objective



TRAIN - DON'T STRAIN



Principle of _____

z Must do _____ exercises to
_____ *specific* components of
physical _____ in _____ body parts

Vocabulary



Objective



Flexibility



Minimum Principles of Training Guidelines

- z Frequency - at least _____ times per week
- z Intensity - _____ stretch
- z Time - static: hold stretch 15-30 sec.

Cardiovascular Endurance



Minimum Principles Training Guidelines

z Frequency - at least _____ times per week

z Intensity

60-90% max heart rate

Time - minimum _____ min. continuous large muscle groups

Muscular Fitness Training



Minimum Principle Training Guidelines—
toning muscles

z **F**requency - every other day-

z **I**ntensity - low resistance (____-____% 1 RM)

z **T**ime - high repetitions (____-____% 1 RM)

Muscular _____



Minimum Principles of Training Guidelines—
getting stronger/building muscle

z Frequency - every other day

z Intensity - _____ weights (60-90% 1 RM)

z Time - _____ repetitions (4-8 reps, 1-3 sets)