

# Training Defined

(Pg 187)

## Training:

- A means by which the human body is made more efficient; the process by which we become better...
  - **In Sport:** jumping, skating, running, sprinting, lifting, etc.
  - **At work:** lifting, carrying, typing, operating equipment, etc.

## Training depends on many variables:

- The **individual** (genetics, motivation, attitude, commitment, fitness level, etc.)
- The **goals** of the individual
- The **sport/activity**
- **Level of competition** (amateur Vs Pro)
- The **trainer/training methods** (many have unique and proprietary training methods)

## Training for Health:

- These components help improve overall health.

1. **Cardiovascular Fitness:** The ability of the heart, lungs and circulatory system to deliver oxygen ( $O_2$ ) to the body so that it can work for long periods of time.
2. **Flexibility:** The ability to use your joints through a wide range of motion.
3. **Body Composition:** The percentage of body weight that is fat. Too little or too much body fat can cause health problems.
4. **Muscular Strength:** The amount of force your muscles can produce over a short period of time.
5. **Muscular Endurance:** The ability of your muscles to work for long periods of time (standing, running) without tiring.

## Training for Skill:

- These components assist in improved performance.

1. **Agility:** The ability to change direction quickly.
2. **Balance:** The ability to keep an upright posture
3. **Coordination:** The ability to use many body parts together.
4. **Power:** The ability to use strength explosively, in one big effort for a short time. ( $strength \times speed$ )
5. **Reaction Time:** The time taken to start movement
6. **Speed:** The ability to move a distance in a short period of time

# THE F.I.T.T. PRINCIPLE

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(The four basic building blocks of any training program) (Pg 189 – 191)

- Frequency:**
- # of sessions per day or week
  - Depends on the athlete's fitness level (Start small and progress from there.)
  - Regularity is important.

- Intensity:**
- How hard to train?
  - Aerobic Exercise can be prescribed in different ways (% VO<sub>2</sub> Max, % Max HR, Perceived exertion, etc.)
  - Weight Training (% of 1Rep Max)

- Type:**
- What exercises?
  - Sport/Goal specific!
  - Aerobic, Anaerobic, Strength, Endurance, Power, Agility etc. Rarely just focuses on just one, usually the best programs requires a combination of aerobic and anaerobic training.

- Time:**
- The duration of each training session.
  - 20 – 60 minutes of activity (start small and build)

**Volume of training depends on:**

$$\text{Volume of training} = \text{Frequency} \times \text{Time}$$

- Fitness level
- Type of exercise
- Goals and level of competition