



Physical Training

Part 1

Edexcel GCSE PE

Principles of Training

The **FITT** Principle makes sure Progressive Overload occurs

- Frequency** → How often training is
- Intensity** → How 'hard' training is
- Time** → How long training is
- Type** → Type of training used

Progressive Overload - gradually increasing training load to safely make steady improvements

Specificity - training matches requirements of an activity

Rest & Recovery - ensures the body repairs and recuperates

Principles of Training:

1. Individual Needs
2. Specificity
3. Progressive Overload
4. FITT Principle
5. Rest and Recovery
6. Overtraining
7. Reversibility
8. Training Thresholds

Planning a Personal Exercise Programme (PEP)

- Targeted Component of Fitness
- Current Fitness Level
- Area of sport targeted
- Facilities and equipment



Overtraining - Training beyond your ability to recover can cause illness and drops in fitness

Reversibility - fitness is gradually lost when one stops training:

Injury **Demotivation** **Fatigue**
Illness **Off-season**

Training Thresholds

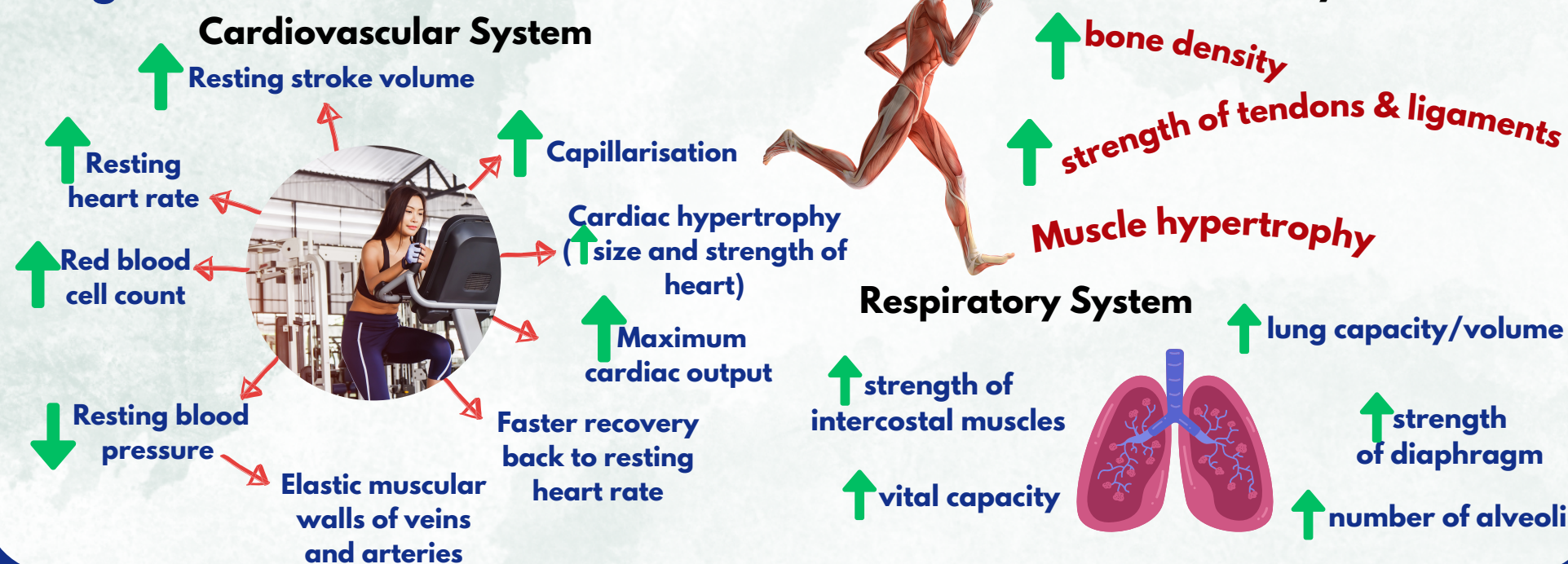
Aerobic Training Threshold → 60-80% of Max HR
Anaerobic Training Threshold → 80-90% of Max HR

Maximum Heart Rate = 220 - Age

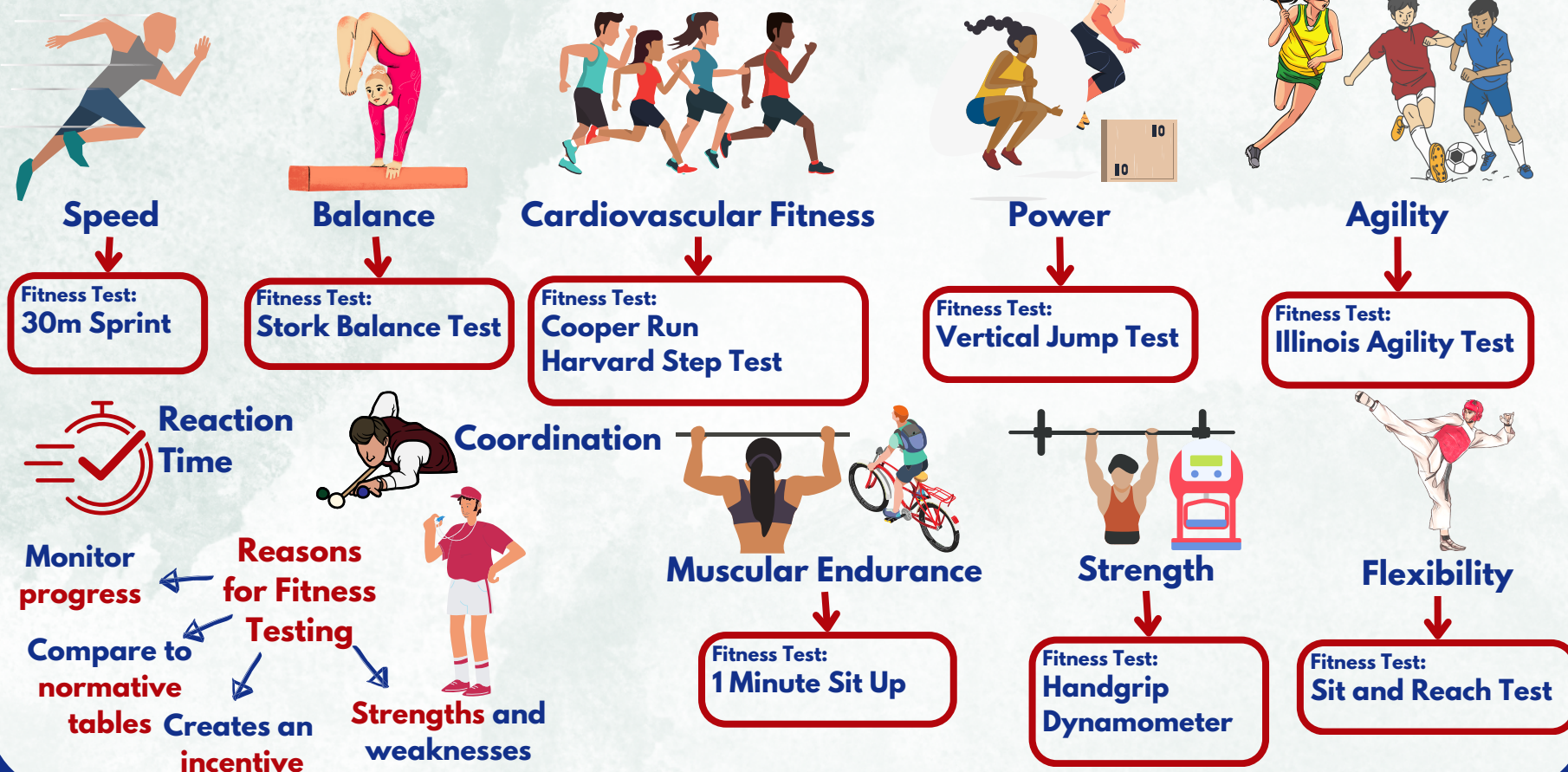
Muscular Endurance
• Below 70% of 1RM
• 3 sets of 12-15

Strength/ Power
• Above 70% of 1RM
• 3 sets of 4-8 reps

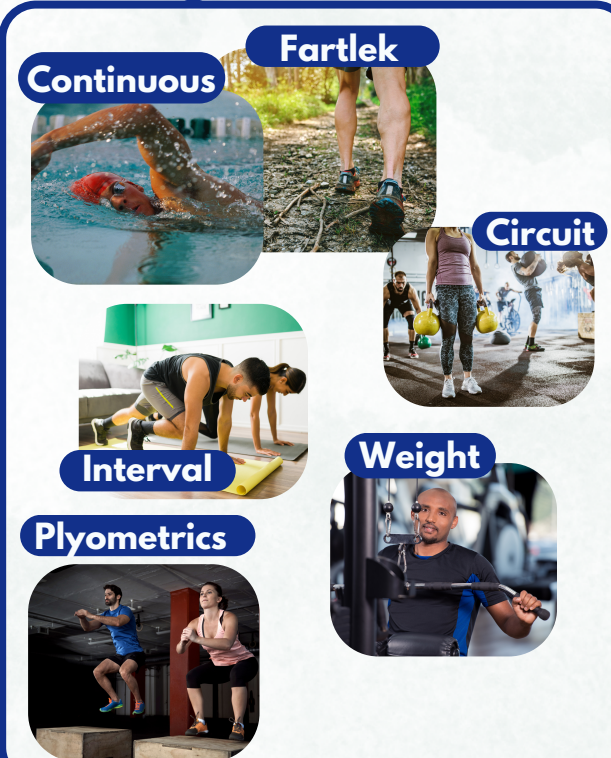
Long Term Effects of Exercise



Components of Fitness & Fitness Tests



Training Methods



Fitness Classes

1. Yoga
2. Pilates
3. Spin
4. Aerobics
5. Body Pump



REMEMBER! Training Purpose?
Training Thresholds? Training Targets?
Rest & Recovery? Training Zones?