

ACRONYM!

C	Continuous
C	Circuit
H	HIIT
I	Interval
P	Plyometric
F	Fartlek
W	Weight

Definitions of Types of training

Continuous	Exercising for a sustained period of time without rest periods
Circuit	A series of exercises / activities arranged in a particular order or stations of exercises
HIIT	A training idea in which high intensity periods are alternated with low / moderate intensity intervals
Interval	Intervals of work followed by intervals of rest
Plyometric	An exercise that involves rapid and repeated stretching and contracting of the muscles
Fartlek	Includes short and long distance work / running / walking or different intensities or aerobic and anaerobic work
Weight	A system of conditioning involving lifting weights especially for strength and endurance.

	Continuous	Circuit	HIIT	Interval	Plyometric	Fartlek	Weight
Characteristics:	<ul style="list-style-type: none"> • Is aerobic • Has no breaks or rest (20 minutes or more) • Sub-maximal exercise • Improves cardiovascular & muscular endurance 	<ul style="list-style-type: none"> • Contains a number of stations • Stations are organised in a circuit • Stations can be skill or fitness based • Can be aerobic or anaerobic • Intensity is measure by time repetitions or number of circuits • Can develop all the components of fitness 	<ul style="list-style-type: none"> • Short bursts of intense exercise with short recovery breaks in between. • Gives the same effects as long duration endurance training but in a shorter period of time. • The work interval intensity should be between 80 – 95% max HR; recovery intensity should be 40-50% maxHR. 	<ul style="list-style-type: none"> • High intense exercise followed by periods of rest to allow for recovery • Usually anaerobic but can be aerobic • Interval can be used on an athletics track, in a circuit or through weight training • Improves speed but can be adapted to improve cardiovascular and strength 	<ul style="list-style-type: none"> • High intensity • Short duration • Breaks between sets (exercises) • Involves jumping/bounding • Improves power (speed & strength) 	<ul style="list-style-type: none"> • Form of continuous training • Varies in pace and terrain • Aerobic & Anaerobic (jogging & sprinting) • Improves cardiovascular fitness & muscular endurance 	<ul style="list-style-type: none"> • Form of interval training • Involves reps and sets • Weight provides the resistance • Can be completed with free or fixed weights • Improves strength, power and muscular endurance
Benefits/Advantages:	<ul style="list-style-type: none"> • No equipment or facilities • Has many health benefits (CHD) 	<ul style="list-style-type: none"> • Variety of stations generates interest • Can work on skill or fitness • Can easily be adapted for the individual 	<ul style="list-style-type: none"> • Variety of stations generates interest • Can work on skill or fitness • Can easily be adapted for the individual 	<ul style="list-style-type: none"> • Develops power quickly • No equipment 	<ul style="list-style-type: none"> • No equipment or facilities • Change of pace can be more interesting 	<ul style="list-style-type: none"> • No equipment or facilities • Change of pace can be more interesting 	<ul style="list-style-type: none"> • Can target specific areas of the body • Can improve cardiovascular fitness & muscular endurance
Disadvantages:	<ul style="list-style-type: none"> • Boring • No change of pace • Can cause impact injuries 	<ul style="list-style-type: none"> • Physical stamina to push yourself to the limit. • If you're not used to this type of training, your muscles and joints may pay the price through sprains and strains. 	<ul style="list-style-type: none"> • Can cause injury due to high intensity 	<ul style="list-style-type: none"> • Can cause injury due to high intensity 	<ul style="list-style-type: none"> • High intensity can be avoided • A safe route may be hard to find 	<ul style="list-style-type: none"> • Equipment can be expensive • Can cause injury with poor technique • Need to have a spotter with free weights 	<ul style="list-style-type: none"> • Equipment can be expensive • Can cause injury with poor technique • Need to have a spotter with free weights
Sports or Activities:	<ul style="list-style-type: none"> • Long distance running, swimming, cycling 	<ul style="list-style-type: none"> • Can be time consuming to set up • Circuit training can be adapted to all sports and activities 	<ul style="list-style-type: none"> • HIIT would be beneficial to many sports and is also recommended for health reasons. 	<ul style="list-style-type: none"> • Usually for speed such as sprinters and swimmers (it can be adapted to other sports with justification) 	<ul style="list-style-type: none"> • Volleyball, basketball, hurdles 	<ul style="list-style-type: none"> • Netball, Hockey, Rugby, Basketball (Matches the fitness demands of a game) 	<ul style="list-style-type: none"> • Weight lifting, rugby, shot-put • Tennis (muscular endurance)