

## GCSE Physical Education – Optimising training (Types of training)

### ACRONYM!

<b>C</b>	<b>Continuous</b>
<b>C</b>	<b>Circuit</b>
<b>H</b>	<b>HIIT</b>
<b>I</b>	<b>Interval</b>
<b>P</b>	<b>Plyometric</b>
<b>F</b>	<b>Fartlek</b>
<b>W</b>	<b>Weight</b>

### Definitions of Principles of training

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

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