

## DIFFERENT WAYS TO TRAIN



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There are 5 principle training methods

1. Interval Training
2. Continuous Training
3. Fartlek Training
4. Circuit Training
5. Weight Training

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### Interval Training

Interval Training involves periods of work followed by periods of rest.

The work interval may be a distance to run (say 100 yards), or a time to run (10 seconds)

The rest interval may be a walk back to the starting mark, or simply not working (rest)

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**Interval Training**

**There are many advantages to this type of training:**

- 1. It includes repeated sprint running or swimming, which is ANAEROBIC.**

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**Interval Training**

**There are many advantages to this type of training:**

- 2. It takes place over short periods or bursts.**

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**Interval Training**

**There are many advantages to this type of training:**

- 3. It includes a rest period which allows for recovery.**

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## Interval Training

There are many advantages to this type of training:

4. It includes repetitions of high quality, which raises the pulse into the "Training Zone Interval Training".

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## Interval Training



Relays and shuttle runs are a form of interval training

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## Continuous Training

Continuous Training can start with brisk walking and graduate to jogging. It could be over a distance or over time.

In continuous training, the athlete does not stop working.

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**Continuous Training**

**There are many advantages to this type of training:**

- 1. You can work on your own or in a group.**

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**Continuous Training**

**There are many advantages to this type of training:**

- 2. It is suitable for health and fitness.**

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**Continuous Training**

**There are many advantages to this type of training:**

- 3. It improves AEROBIC fitness**

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## **Continuous Training**

**There are many advantages to this type of training:**

- 4. It can take place in a variety of places.**

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## **Continuous Training**

**There are many advantages to this type of training:**

- 5. It can be adapted to suite INDIVIDUAL NEEDS.**

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## **Continuous Training**



Continuous training improves your aerobic endurance – and tests your mental endurance. You need good motivation to keep going.

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**Fartlek Training**

**Fartlek Training means SPEED PLAY. It is a combination of fast and slow running.**

**In many ways it is like Interval Training. You have sprints and jogs and other periods of work followed by short periods of rest.**

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**Fartlek Training**

**There are many advantages to this type of training:**

- 1. It can be done in a variety of terrain – e.g. sand dunes, parkland, forest.**

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**Fartlek Training**

**There are many advantages to this type of training:**

- 2. It can include hill work.**

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### Fartlek Training

There are many advantages to this type of training:

- 3. It can include repetitions and programs are very flexible.

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### Fartlek Training

There are many advantages to this type of training:

- 4. Rest periods can be included or the session can be continuous with intermittent hard and easy running.

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### Fartlek Training



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## Fartlek Training



Skipping is one way to add variety to a Fartlek training session.

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## Fartlek Training

This is a typical 30 minutes Fartlek running session:

- 5 min Jog
- 3 min Fast walk
- 5 min Fast run with 50 yds sprints every 100 yds
- 5 min Jog
- 4 min Even run with 10 fast strides every 100 yds
- 5 min Uphill jog with 10 fast strides every minute
- 3 min Fast skipping
- 2 min Jog on the spot with high knee lifts

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## Circuit Training

**Continuous Training aim is to improve MUSCULAR ENDURANCE and CARDIOVASCULAR fitness.**

**Involves a number of exercises set out so you avoid exercising the same muscle group consecutively.**

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### **Circuit Training**

**Each exercise takes place at what is called a station.**

**The exercise may be carried out for a length of time – e.g. 30 seconds or a set number of times.**

**After completing each set of repetitions, the athlete moves on to the next exercise.**

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### **Circuit Training**

**Another way to use a circuit is to have a skills circuit for a particular sport. In this case, instead of doing different exercises at each station, a different skill from a sport can be practiced. For example, a Basketball skills circuit could have dribbling, chest pass, shooting, etc.**

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### **Circuit Training**

**There are many advantages to this type of training:**

- 1. It offers a much more general all round fitness than the other 3 methods.**

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**Circuit Training**

**There are many advantages to this type of training:**

**2. It includes strength, endurance, power, flexibility and speed.**

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**Circuit Training**

**There are many advantages to this type of training:**

**3. People of all levels of fitness and ability can take part.**

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**Circuit Training**

**There are many advantages to this type of training:**

**4. It includes both AEROBIC and ANAEROBIC activities.**

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## Circuit Training

There are many advantages to this type of training:

- 5. It uses a wide range of activities.

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## Circuit Training

There are many advantages to this type of training:

- 5. People work hard and can be highly motivated to succeed.

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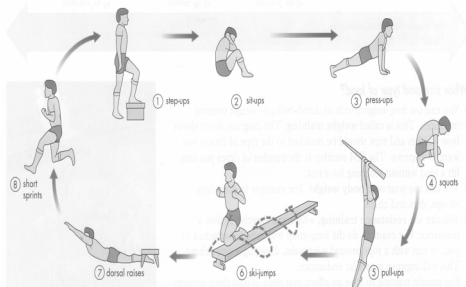
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## Circuit Training

Circuit training is a good way to organise your muscle training. A circuit usually has 8 to 15 stations. You do a different exercise at each station. This is a typical body weight circuit.



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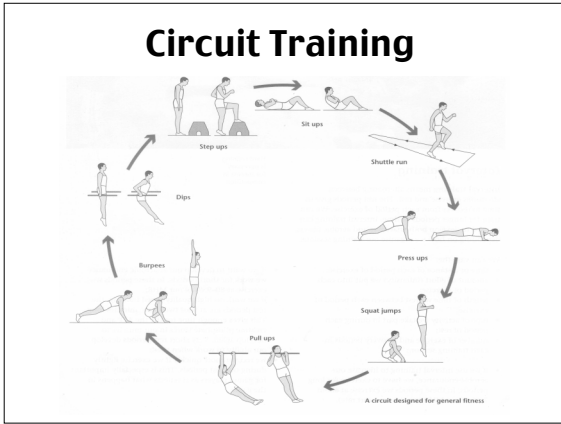
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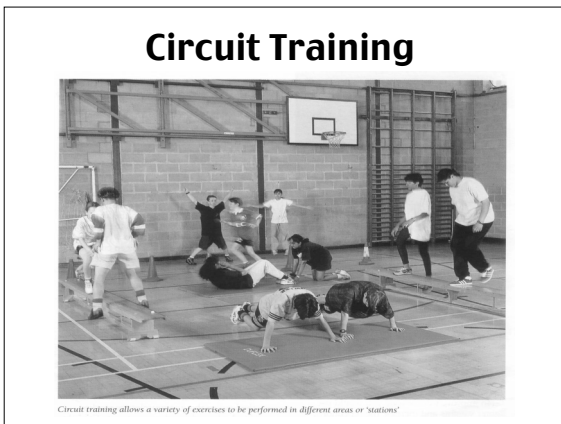
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## Weight Training

**Weight Training is a form of training that uses progressive resistance, either in the form of actual weight lifted or in terms of the number of times the weight is lifted.**

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**Weight Training**

**There are many advantages to this type of training:**

- 1. Increase muscular strength.**

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**Weight Training**

**There are many advantages to this type of training:**

- 2. Increase muscular endurance.**

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**Weight Training**

**There are many advantages to this type of training:**

- 3. Increase speed.**

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### Weight Training

There are many advantages to this type of training:

- 4. Develop muscle bulk.

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### Weight Training

There are many advantages to this type of training:

- 5. Rehabilitate after illness.

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### Weight Training



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## Weight Training



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## Weight Training Schedule

Included in a training schedule are:

1. The number of exercises
2. The exercises for each muscle group
3. The weight used
4. The number of repetitions
5. The number of sets
6. How fast the exercise is done
7. How long the rest is between sets
8. The frequency of training

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## Weight Training



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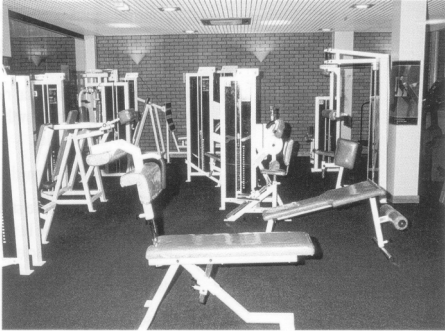
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### Weight Training



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### Weight Training



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