

There are 5 principle training methods

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

# Interval Training

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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)

# 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.

# Fartlek Training

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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.

# Circuit Training

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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.

# Weight Training

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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.