

Warm Up

Gradually raises body temperature and heart rate

We warm up for 3 reasons:

1. To prevent injury
2. To improve performance
3. To prepare psychologically for the event

Warm Up

Cardiovascular warm up

You start with this, which raises the pulse rate. It can include easy cycling, skipping, slow swimming, easy jogging and walking

Warm Up

Stretching

This forms the second phase of the warm up. There are 3 ways of doing this.

1. Static Stretching
2. Ballistic
3. Proprioceptive Neuromuscular Facilitation

The Main Activity

The main activity may take a variety of forms.

It may vary in terms of training sessions e.g.

- Interval Training
- Continuous Training
- Fartlek Training
- Circuit Training
- Weight Training

Cool Down

The cool down is just as vital as the warm up

The cool down gradually returns the body to normal conditions.

The cool down helps to prevent stiffness and soreness in the muscles