

Physical Training

Components of fitness

Agility - the ability to change direction at speed

Power - also known as explosive strength or anaerobic power. It is speed and strength combined (speed x strength = power)

Strength - the ability to overcome a resistance

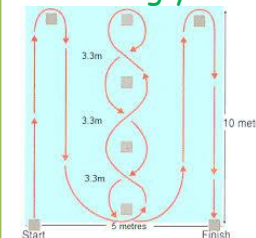


Fitness Testing

Standing Broad Jump Test (to test Power) - Stand behind the line with feet shoulder width apart. Take-off on two feet, jump as far as possible landing on two feet and measure the distance jumped.



Illinois Agility Test (Agility) - Start face down on the floor, run around the cones as fast as possible recording your time in seconds.



Principles of training

Progressive Overload - gradually increase the amount of exercise which overloads the body. Use F.I.T. (Frequency, Intensity, Time) to overload the body



Principles of Overload:

Frequency - how often you train (should be 3-5 times per week)

Intensity - how hard you train (how much do you lift? How fast do you run?)

Time - how long to train for (training sessions should last at least 1 hour - this may increase when you get fitter)

Types of Training

Weight training (to improve Power and Strength) - involves the use of free weights, resistance machines or any object which can be safely lifted. Allows performers to target individual muscles/muscle groups to suit their needs.

Advantage: It is easy to do - you only need something to lift

Disadvantage: Injury can occur if weights are too heavy

Think about how this type of training can improve the performance of a Rugby player.

CALCULATIONS

Maximum Heart Rate (Max HR) = 220 - age

Aerobic (with oxygen) training zone - 60-80% of Max HR

Anaerobic (without oxygen) training zone - 80-90% of Max HR

