

Physical Training



Components of fitness- The 3 S's

Strength - refers to the amount of force a muscle can produce with a single maximal effort

Speed - how quickly an individual can move

Stamina - the ability to exercise the whole body for long periods of time and is sometimes called stamina



Fitness Testing- 35 m Sprint Test

PROCEDURE:

This test requires the athlete to undertake six 35 metre sprints with 30 seconds recovery between each sprint.

1. Sprint 35m from a standing start/sprint start using blocks
2. Allow a 30 second recovery while walking back to the start
3. Repeat the sprint five times, completing a total of six sprints
4. Record the time for each sprint, which is usually measured in seconds.

ADVANTAGES:

- A simple test to administer
- Minimal equipment
- Cheap to perform
- Can be performed inside or outside.

Principles of overload:

Frequency - how often you train

Intensity - how hard you train

Time - how long to train for

Types of training

Fartlek training - this training involves running at different speeds.

Advantages:

- Good for sports that need changes in pace

Disadvantages:

- Can be difficult to see how hard someone is trying

Interval training - periods of high-intensity effort with periods of low-intensity effort.

Advantages:

- Can mix aerobic and anaerobic exercise which replicates team games

Disadvantages:

- Can become boring



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