

## Strength, Power & Muscular Endurance Training

**Circuit Training** - A series of stations/exercises designed to improve a variety of components of fitness.

**Advantages** - circuits can be tailored to suit individual needs, easy to maintain interest.

**Disadvantages** - Need lots of time to plan, setup and pack away the equipment and demonstrate each exercise.

**Free Weights** - Barbells or dumbbells can be used to perform a range of constant-resistance exercises such as bicep curls, bench presses and squats.

**Advantages** - training can be sport specific & effective method for strength and endurance gains.

**Disadvantages** - sessions need careful organisation ensuring correct technique is used, equipment can be expensive.

**Plyometrics** - good for developing sport-specific explosive power and strength. Training involves exercises where muscles are quickly lengthened and shortened.

## Aerobic Endurance Training

**Continuous Training** - Long, slow, distance or steady-state training where performers train at a steady pace for at least 30 mins.

**Advantages** - No special equipment needed & an easy training method to organize and carry out.

**Disadvantages** - can be monotonous

**Fartlek Training** - performer varies the intensity of training by running at different speeds or over different terrains.

**Advantages** - no specialist equipment, adds variety to training

**Disadvantages** - needs careful control of training intensity

**Interval Training** - work periods followed by rest/recovery periods.

**Advantages** - no specialist equipment needed, can be tailored to specific sports

**Disadvantages** - repetitive, needs careful planning

## Flexibility Training:

**Static Stretching** - slowly moving a muscle to the limit of its range of movement then holding the stretch for 10-20 seconds. (Active stretching - stretches performed on their own. Passive stretching - known as assisted stretching requiring the help of someone else or an object e.g. wall)

**Ballistic Stretching** - fast, jerky movements e.g. bouncing through the full range of movement. Can incorporate sport-specific movements.

**Proprioceptive Neuromuscular Facilitation (PNF)** - PNF technique involves stretching the muscle to its full capacity. Then, with the help of a partner, contract the muscle isometrically for 6-10 seconds, then relax the muscle by performing a static stretch.

**Advantages** - can be sport-specific, no cost involved

**Disadvantages** - need to be experienced to perform PNF training safely, needs 2 people

## Speed Training:

**Hollow Sprints** - A series of sprints followed by a 'hollow' period of jogging or walking.

**Advantages** - no special equipment needed easy training method to organise.

**Disadvantages** - repetitive, hard to maintain motivation

**Acceleration Sprints** - Pace is gradually increased from a standing or rolling start, to jogging, then striding, then a maximum sprint.

**Advantages** - no special equipment needed, easy to organise and carry out

**Disadvantages** - repetitive, hard to maintain motivation

**Interval Training** - work periods followed by rest/recovery periods.

**Advantages** - no specialist equipment needed, can be tailored to specific sports

**Disadvantages** - repetitive, needs careful planning