

Fitness Components and Training Overview

Fitness Component	Training Methods	Training Principles
Aerobic Capacity	Continuous Training	Intensity = 70-85% MHR Duration = 20min + in correct HR zone
	Interval Training	Duration = Work : Rest Ratio = 1:1 Work (30sec-4min) Rest (30sec- 4min) Intensity = 70-85%MHR
	Fartlek	Intensity = Varied between 70-100%MHR
	Circuit	Include extended duration activities
Anaerobic Capacity	Fartlek	Intensity = Varied between 70-100%MHR
	Short and Intermediate Interval Training	<u>Short - ATP-PC</u> Work:Rest Ratio = 1:4+ Duration: Under 10 seconds work Intensity = 95%+ MHR <u>Intermediate Anaerobic Glycolysis</u> Work:Rest Ratio = 1:2 or 1:3 Duration: 10-60 seconds Intensity = 85-95%MHR
	Circuit	Include short, explosive activities
	Resistance/Weights	Strength = 85-100% of 1RM = 1-4 Reps = 3-10 sets = Slow Power = 30-70% of 1RM = 4-12 Reps = 3-6 sets = Fast Speed
	Plyometrics	Activities that stretch then contract a muscle. e.g skipping or box jumps
	Speed	Duration = 10sec = 95-100% Effort

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Muscular Strength	Resistance/Weights	Strength = 85-100% of 1RM = 1-4 Reps = 3-10 sets = Slow
	Circuit	Include slower 1RM (or close to) maximal efforts
Muscular Endurance	Continuous Training	Intensity = 70-85% MHR Duration = 20min + in correct HR zone
	Interval Training	Duration = Work : Rest Ratio = 1:1 Work (30sec-4min) Rest (30sec- 4min) Intensity = 70-85%MHR
	Fartlek	Intensity = Varied between 70-100%MHR
	Circuit	Include extended duration activities
	Resistance/Weights	Endurance = 50-60% of 1RM = 15+ Reps = 2-4 Sets = Medium Speed
	Swiss Ball	
	Core Strength	
Flexibility	Flexibility/Yoga/Pilates	
Muscular Power	Resistance/Weights	Power = 30-70% of 1RM = 4-12 Reps = 3-6 sets = Fast Speed
	Circuit	Include short, explosive activities
	Plyometrics	Activities that stretch then contract a muscle. e.g skipping or box jumps

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Speed	Speed	Duration = 10sec = 95-100% Effort
	Plyometrics	Activities that stretch then contract a muscle. e.g skipping or box jumps
	Fartlek	Intensity = Varied between 70-100%MHR
	Interval Training	Work:Rest Ratio = 1:5 (ATP-PC) 10 sec maximal effort.
	Circuit	Include short, explosive activities
Agility	Plyometrics	Activities that stretch then contract a muscle. e.g skipping or box jumps
	Circuit	Include activities that incorporate agility. e.g agility course.