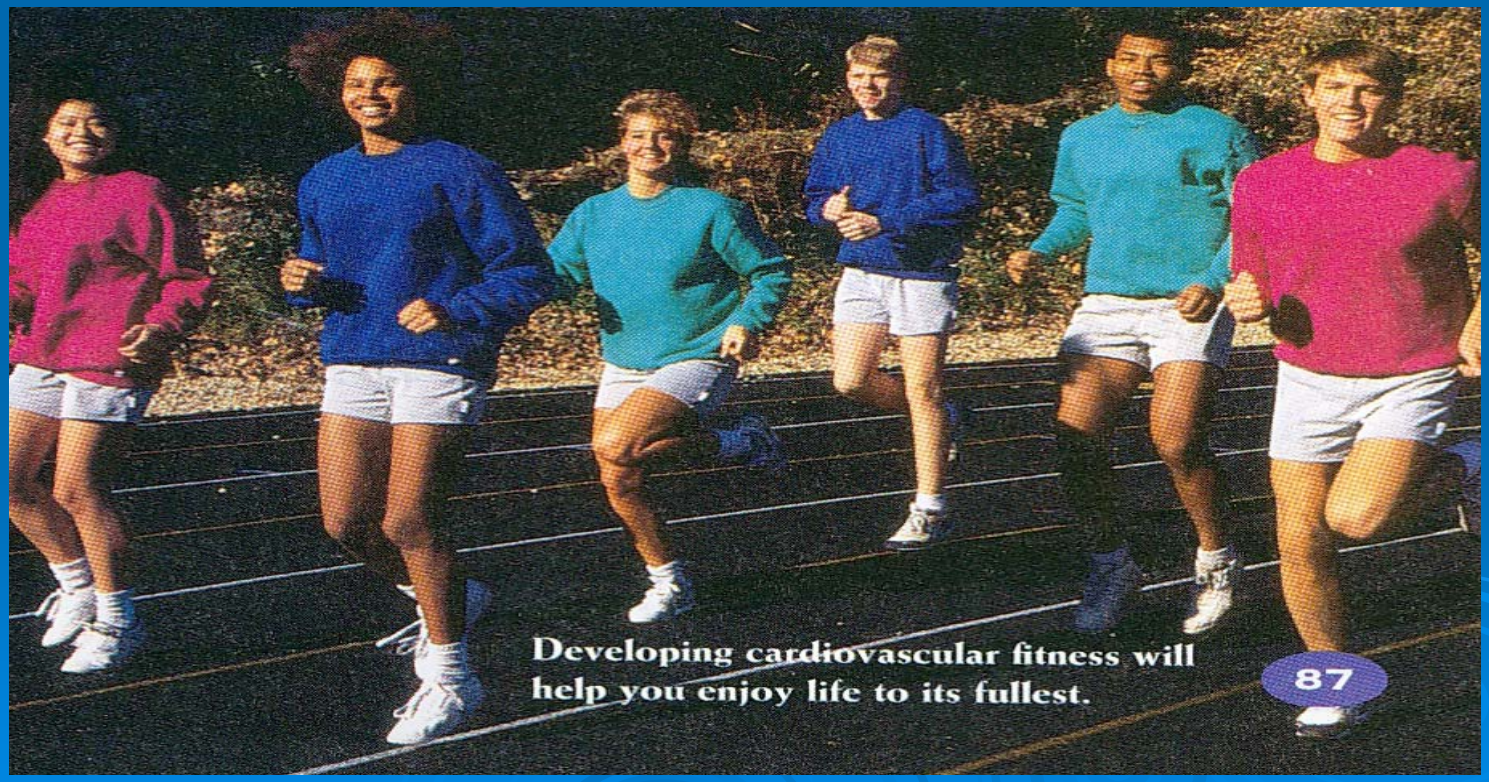
Principles of Training

There are three basic training principles that should be followed in order to improve your physical fitness.

- Overload
- Progression
- Specificity

Principle of Overload



Exposing the muscles, joints, cardiovascular, and respiratory system to more work and stress than is normally experienced.

In order to improve your level of fitness, you must increase the amount of regular activity or exercise that you normally do.

Give an EXAMPLE of the Principle of Overload

Workout # 1: _____

Workout # 2: _____

F.I.T.T.

factors

Acronym for:

the 4 ways to achieve overload in a physical fitness program.

F.I.T.T.

Frequency

Intensity

Time

Type

Frequency

How often you exercise.

Frequency refers to

the number of times a week

you engage in physical activity or exercise

For **Frequency** to be effective

Exercise must be performed on a regular basis.

Intensity

How hard you exercise.

Intensity refers to the

difficulty or exertion level of your physical activity or exercise.

If the **intensity is too low**, progress is limited. If you **work too hard**, you fatigue quickly and increase your risk for injury.

Time

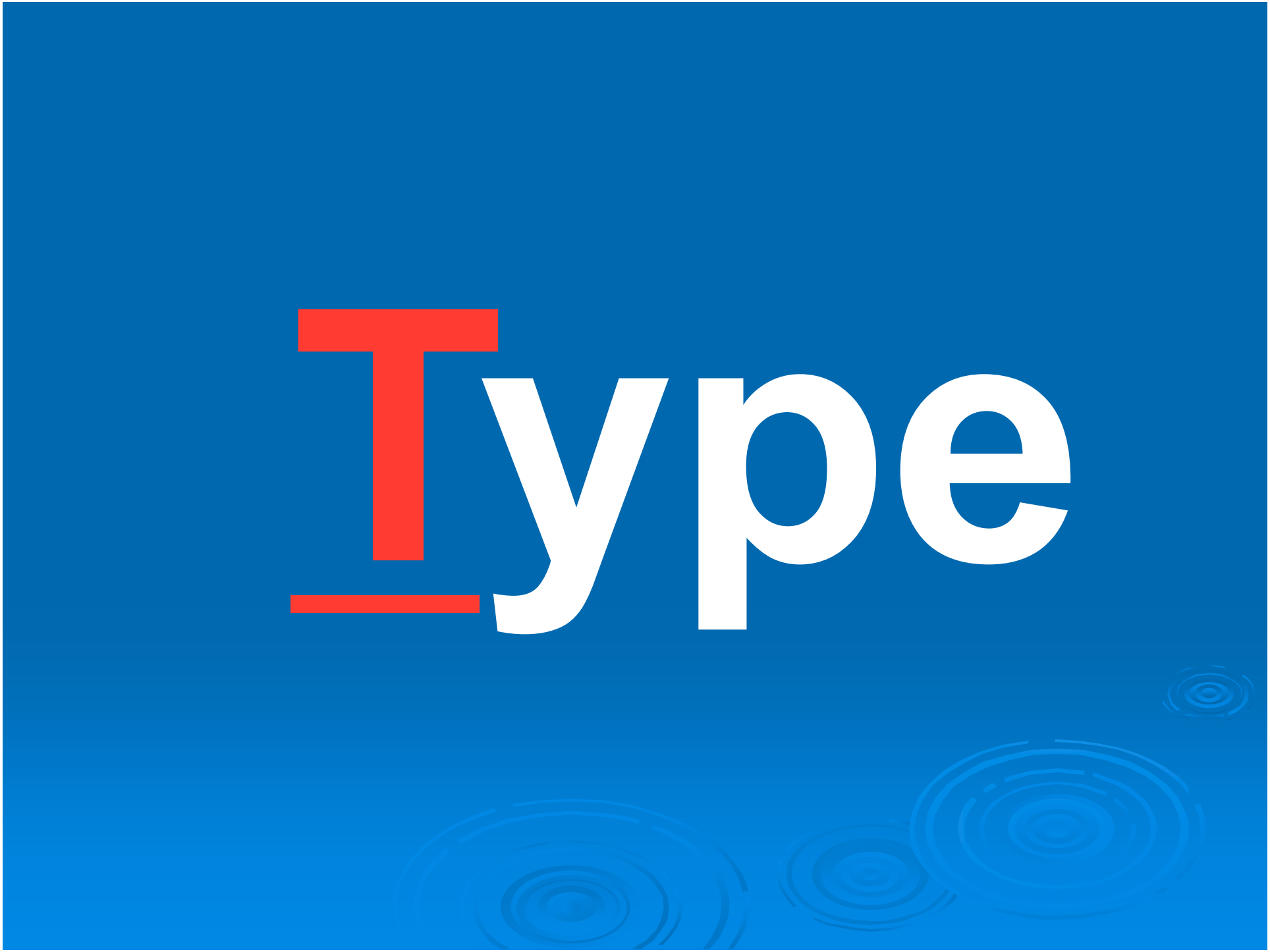
How long you exercise.

Time refers to the

length of time, or duration, of a single workout

usually measured in minutes and hours.

As a teen, you should **be physically active on a daily basis**.


Type

Type refers to the

particular type of physical activity or exercise (component of fitness) you choose to do.

Principle of Progression

Principle of Progression
is a rule of exercise which states that
as your fitness levels increase so do the factors in F.I.T.T.

As you work harder (overload), your body adapts to the workload.

You must progressively increase the amount of work you do for improvement to continue to occur.

You want to slowly apply stress to the body by gradually increasing the workload.

Principle of Specificity

Principle of Specificity states that overloading a particular component will lead to improvements in that component alone.

Specific **exercises** that improve specific **components** of physical fitness in specific **body parts**.