**Basic and Additional Principles of Training**

Time

Specificity

Adaption

FITT

Reversibility

Rest and Recovery

Frequency

Progressive overload

Variation

Intensity

Type

Draw a line linking the description with the basic and additional principles of training

Frequency, Intensity, Time, Type

Refers to the amount of sessions you take part in each week

Refers to how hard the exercise is.

Refers to how long each exercise session lasts.

Refers to the nature of the exercise that the performer completes

Focusing on activities relevant to an individuals sport

This is about training at an appropriate intensity and gradually increasing the demand we place on the body in order for fitness gains to occur.

How the body reacts to the demands of training.

If training stops or is insufficient the effects of adaption will reverse/undo.

It is really important to vary a training programme so that the individual doesn’t get bored and you continue to enjoy the exercise sessions.

It is important to give the body time to rest and recover after exercise so that adaption takes place.