

The principles of training

“Time To Train”



UNTAMED
EDUCATION

“Circuit Training”

Task Instructions

1. Set up a circuit using the exercise cards. Ensure that students won't be working the same parts of the body consecutively.
2. Ensure the class has warmed up.
3. Run through each of the exercises providing a demonstration on how to do each one with the correct technique.
4. Set a time for each station i.e. 1 minute
5. Tell students, as they go around the circuit they must also collect as much information about the type of training as possible. This is written at the bottom of the card.
6. At the end of the training session students recall the information they collected. This can be done in pairs or small groups on poster paper.

Variations/Extensions

1. For large class sizes divide into small groups. Whilst half the group does the exercise the other half jogs around the circuit. They then switch before moving onto the next station.
2. During the recall task the more artistic of the pair/group can illustrate the information.

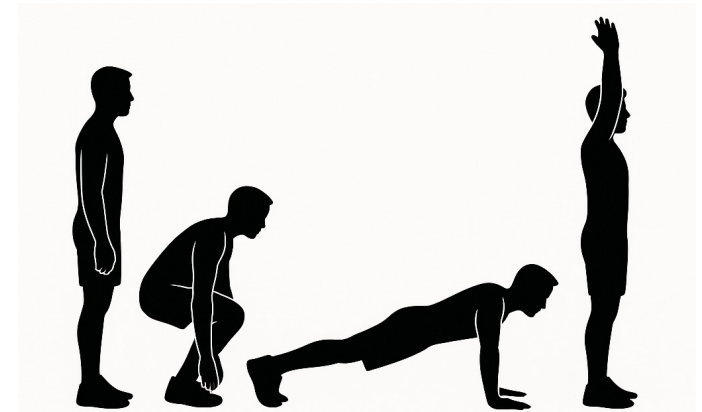
The Learning

1. The most powerful way to learn is to actively do the learning.
2. The collection of information ensures the brain is as active as the body.
3. Recalling at the end ingrains that information further.

Burpees

Exercise Instructions

1. Go into the press up start position.
2. Jump both feet in towards your hands.
3. Do a straight jump into the air.
4. Put your hands either side of your feet and jump back into press up position.
5. Repeat.



Application of SPORT

- Exercises can be specific to muscles and energy systems.
- Progression and overload achieved by increasing the number of stations, circuits, time or repetitions.

Sit Ups

Exercise Instructions

1. Lie on your back with your knees bent and feet flat on the floor.
2. Place your hands on your thighs and curl your back until both hands touch your knees.
3. Lower steadily to the ground and repeat.



Advantages

- Can be used for aerobic and anaerobic work.

Lunges

Exercise Instructions

1. Keeping a straight back, step forward.
2. Bend both knees so the front one is at 90° and your knee is directly over your ankle. Your back knee should lower almost to the floor at the same time.
3. Push back from the front leg to return to standing position.
4. Alternate between stepping with left and right.



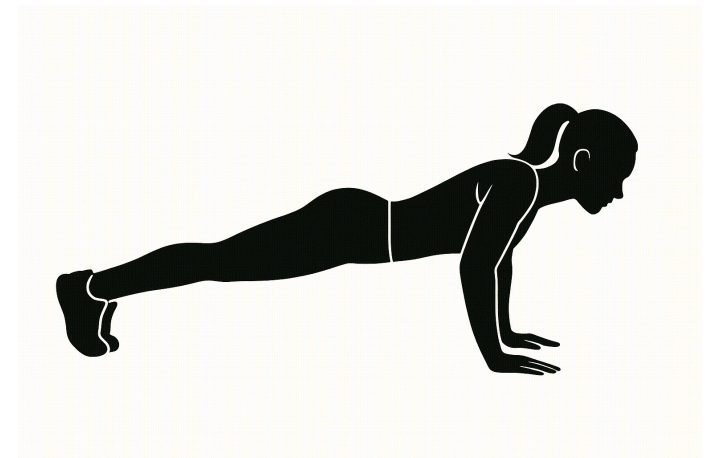
Disadvantages

- A large space is required to set up the stations.

Press ups

Exercise Instructions

1. Position yourself on your hands and feet (or knees as an easier alternative).
2. Ensure your back and legs form a straight line.
3. Bend your elbows to 90° and lower your chest almost to the ground.
4. Straighten your arms and return to start position. Repeat.



Disadvantages

- A circuit usually has 6-12 stations.

Oblique Sit Ups

Exercise Instructions

1. Lie on your back with your knees bent and feet flat on the floor.
2. Place your finger tips on your temples with your elbows sticking out to the sides.
3. Curl your back whilst twisting your left elbow to your right knee.
4. Return to the start and alternate between left and right side twists.



Advantages

- It can specifically target certain muscle groups.

Step ups

Exercise Instructions

1. Stand a small distance from the bench with your arms by your sides.
2. Step with one foot onto the bench (make sure all of your foot is on the bench).
3. Bring the other foot up to meet it.
4. Step down with one foot and then the other.
5. Repeat.



Disadvantages

- Some exercises require specialist equipment.

Skipping

Exercise Instructions

1. Hold the rope at either end a little wider than your shoulders.
2. Rotate the rope forwards and jump over it with two feet at the same time.
3. Continue rotating the rope
4. Repeat.



Structure

- Stations are organised so they don't work the same muscle group twice in a row.

Jumping Jacks

Exercise Instructions

1. Stand straight with your arms by your sides.
2. Jump and separate (abduct) your legs and arms so they land shoulder width apart.
3. Jump again and bring your arms and legs back to your sides (adduct). Repeat.



Advantage

- Skill stations can be used to improve skill performance.

Squats

Exercise Instructions

1. Stand with feet about shoulder width apart and arms outstretched in front.
2. Bend your knees and hips, lower and push your bottom out whilst keeping your back straight and your eyes looking forward.
3. Lower your knees to about 90° and then push back to standing through your heel. Repeat.



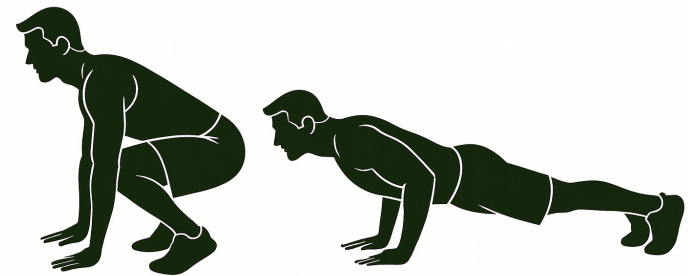
Disadvantages

- It can take a long time to set up and plan.

Squat Thrusts

Exercise Instructions

1. Start in the press up position balanced on your hands and toes. Your back should make a straight line with your legs.
2. Bring one knee to your chest and touch your toes to the floor.
3. In the next move jump this leg back but at the same time bring the other knee in.
4. Alternate and repeat.



Structure

- Exercises or skill stations are set up in a circuit.

“HIIT”

Task Instructions

1. Place the information sheets in a place that you will allocate as the recovery area.
2. Ensure the class is warmed up well.
3. Outline the interval session. An example would be to work at 80-100% for 30s and rest for 1 minute. Repeat this 10 times.
4. During the rest period students should walk around looking at the information cards and remembering as much of the learning content as possible.
5. At the end of the training session students recall the information they collected. This can be done in pairs or small groups on poster paper.

Variations/Extensions

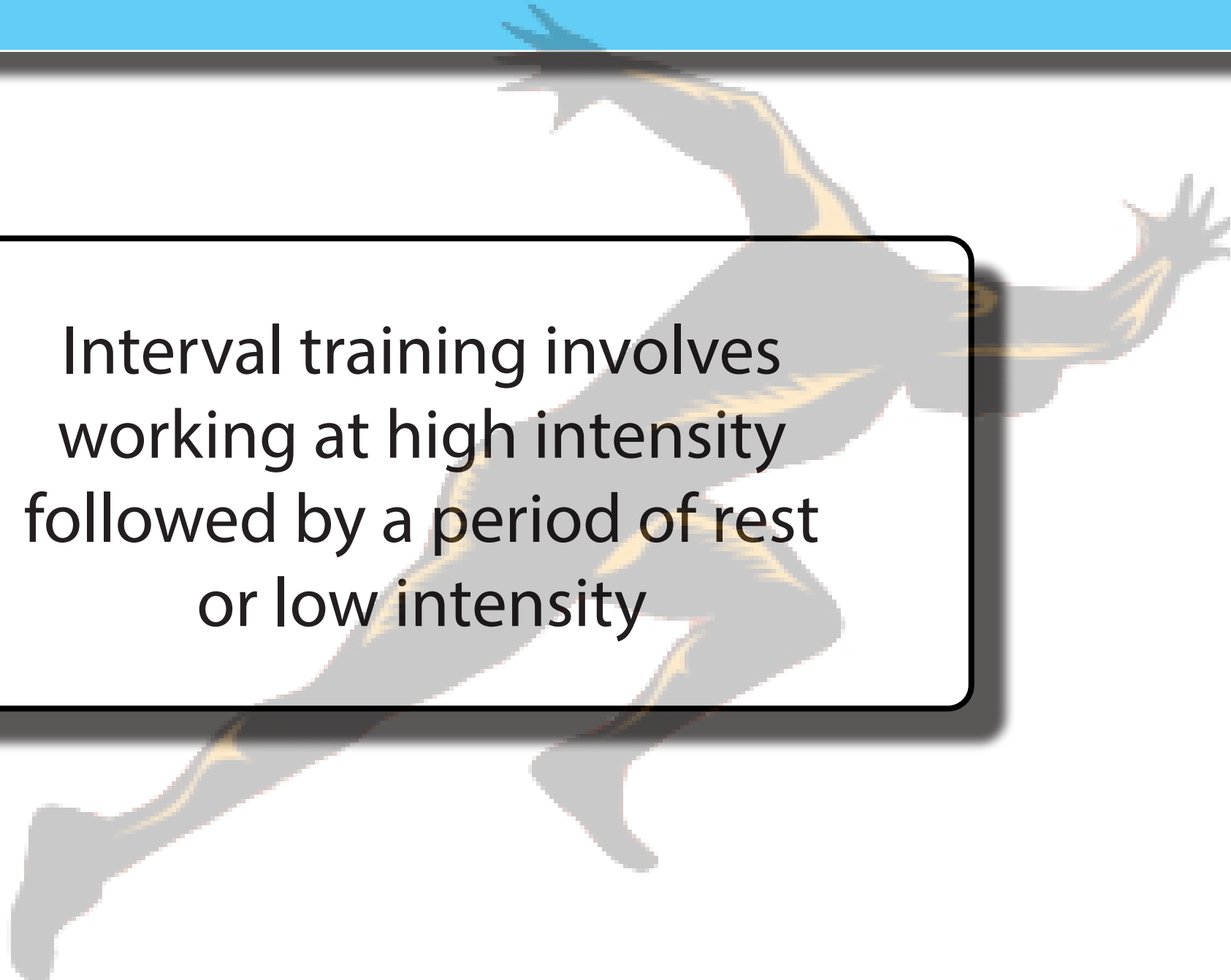
1. Instead of simply running use a variety of SAQ drills with ladders and low hurdles.
<http://totalsoccerft.com/submenu/saq-drills>
2. During the recall task the more artistic of the pair/group can illustrate the information.

The Learning

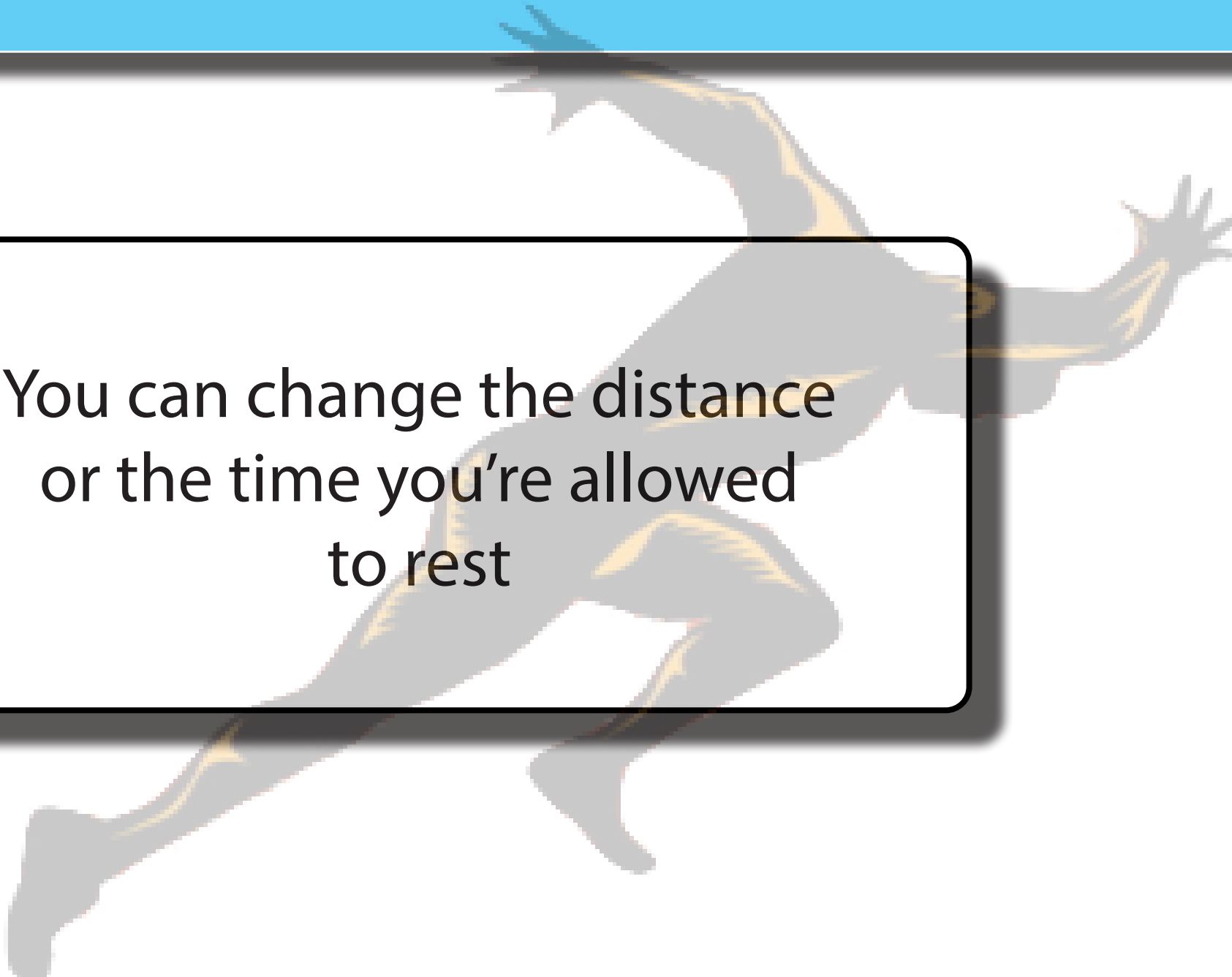
1. The most powerful way to learn is to actively do the learning.
2. The collection of information ensures the brain is as active as the body.
3. Recalling at the end ingrains that information further.

Structure

Interval training involves working at high intensity followed by a period of rest or low intensity



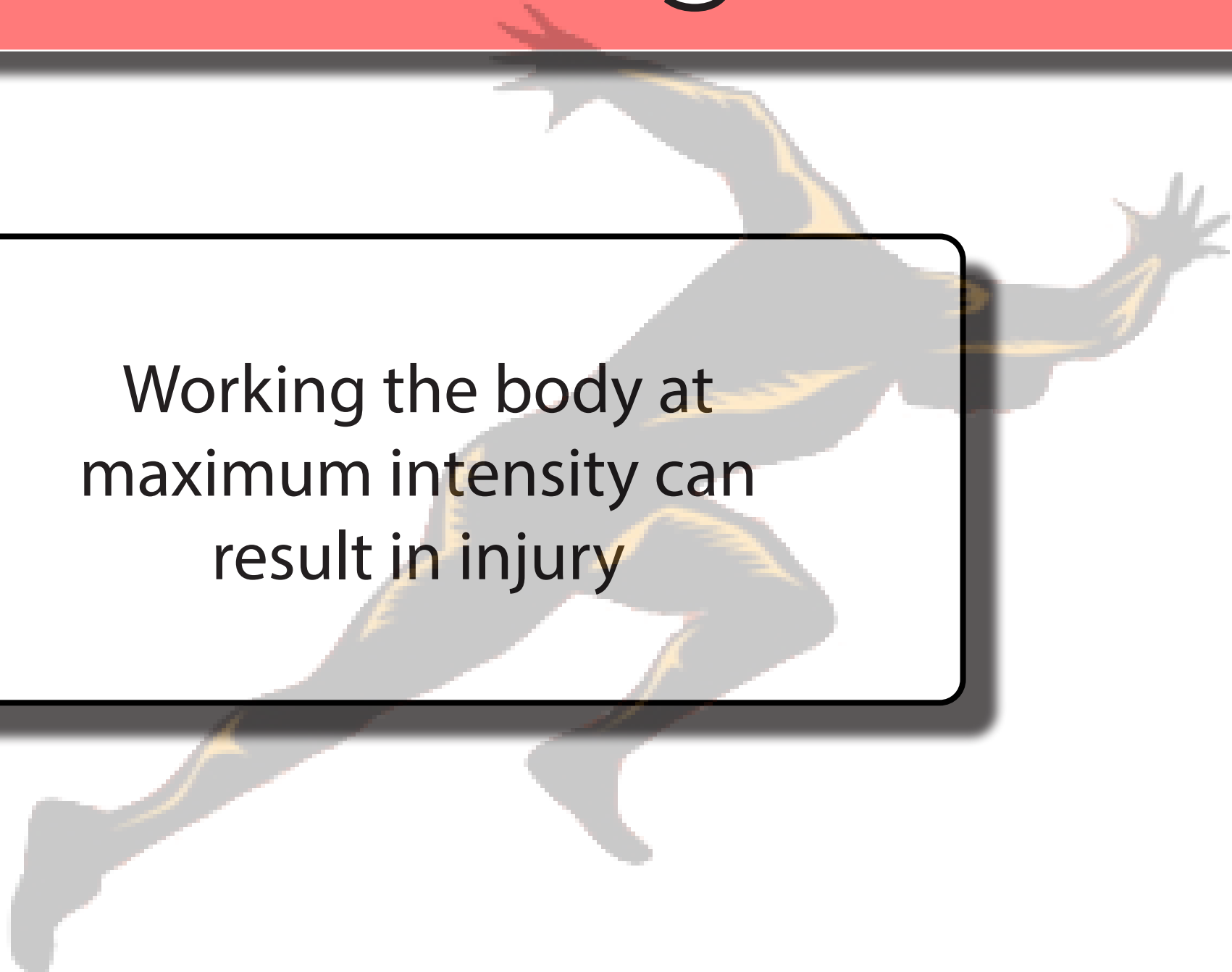
Structure



You can change the distance
or the time you're allowed
to rest

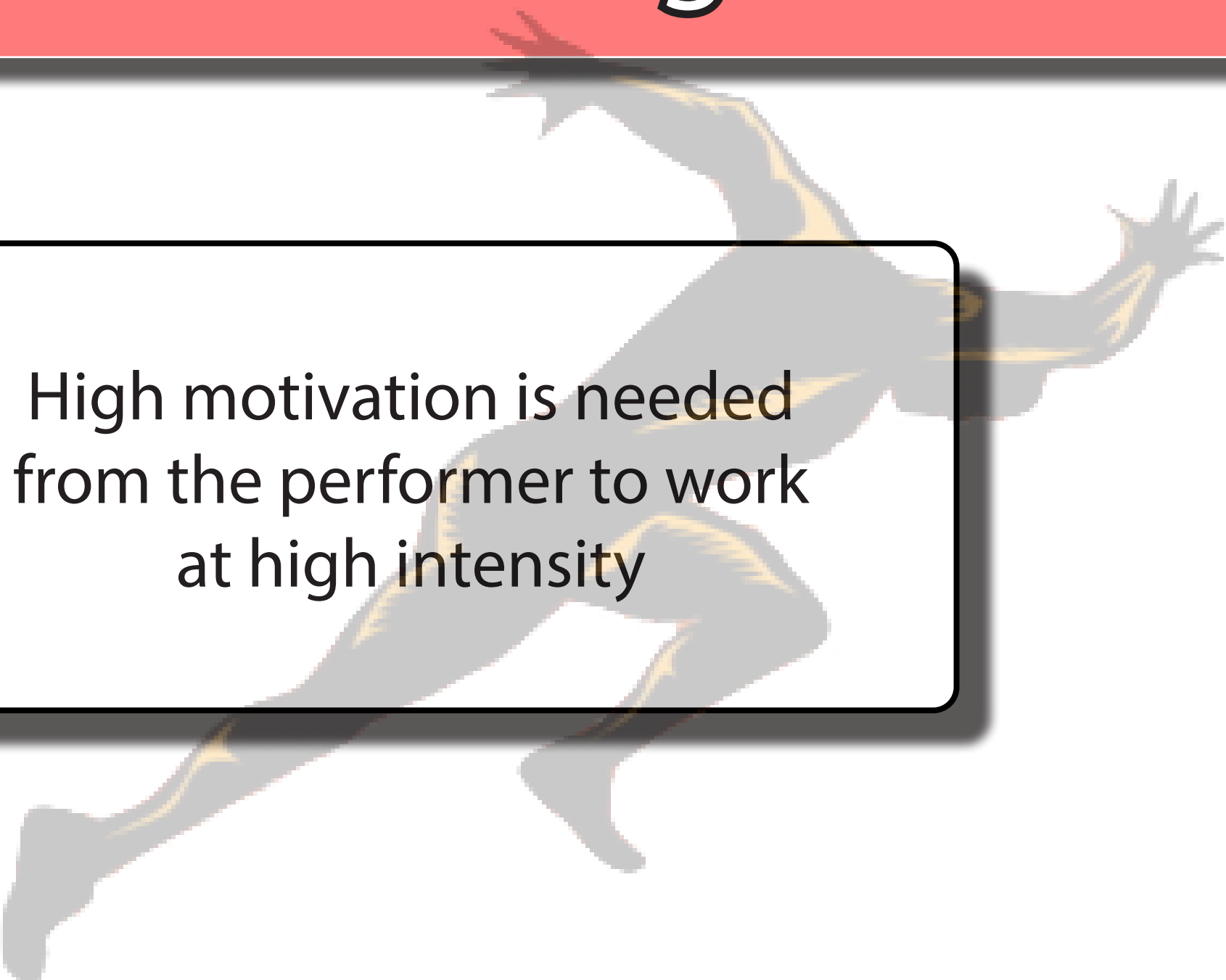
Disadvantage

Working the body at maximum intensity can result in injury



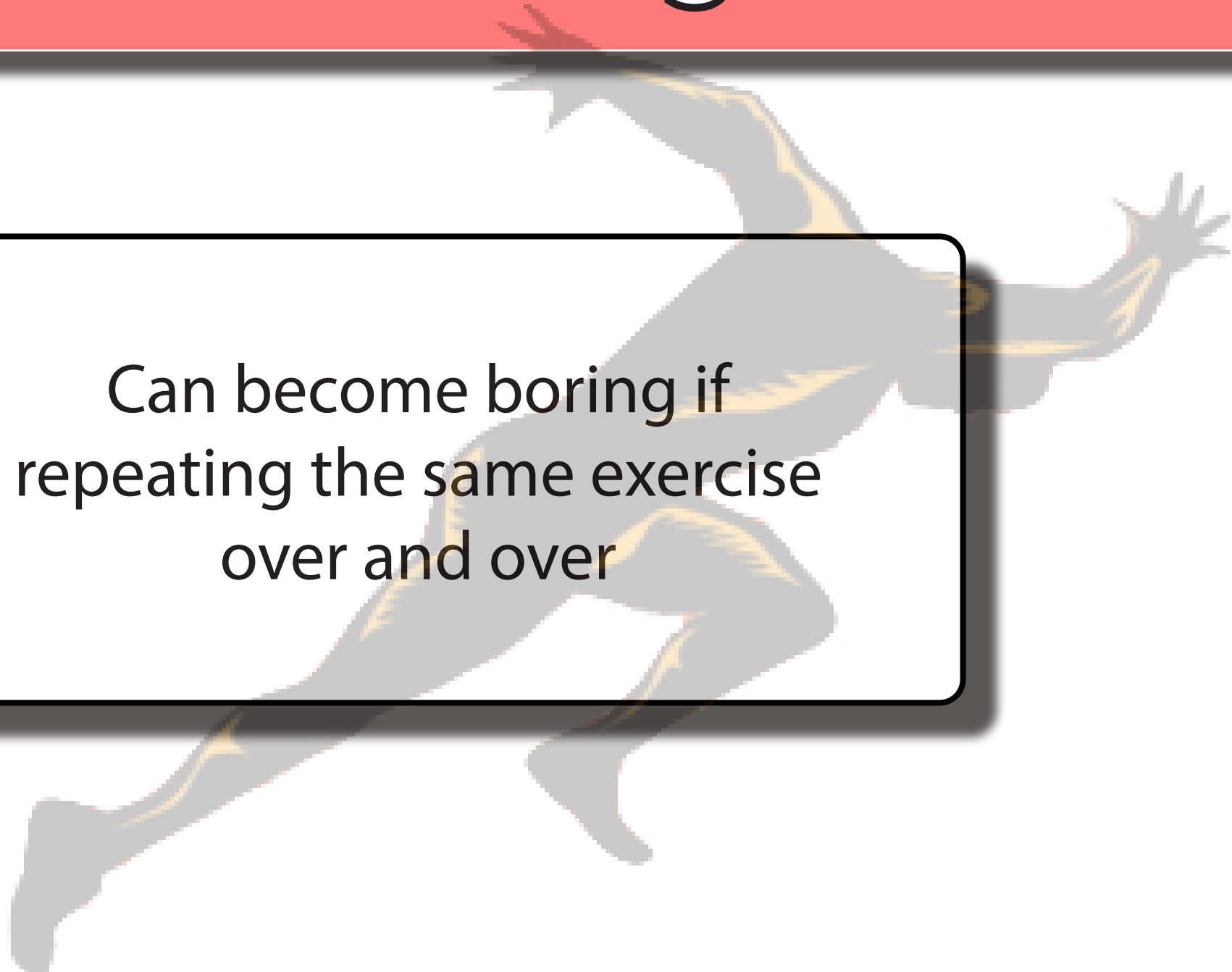
Disadvantage

High motivation is needed
from the performer to work
at high intensity



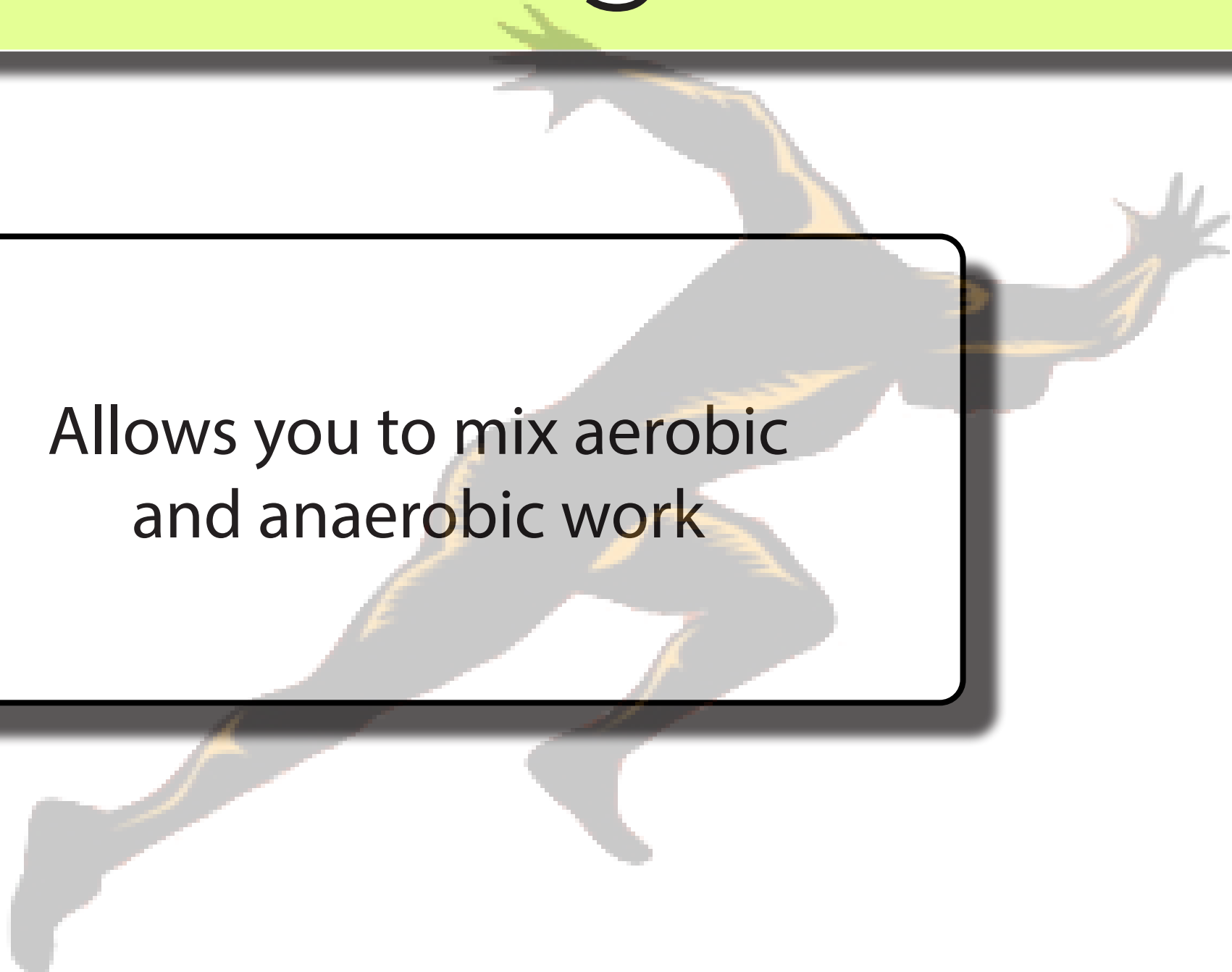
Disadvantage

Can become boring if
repeating the same exercise
over and over



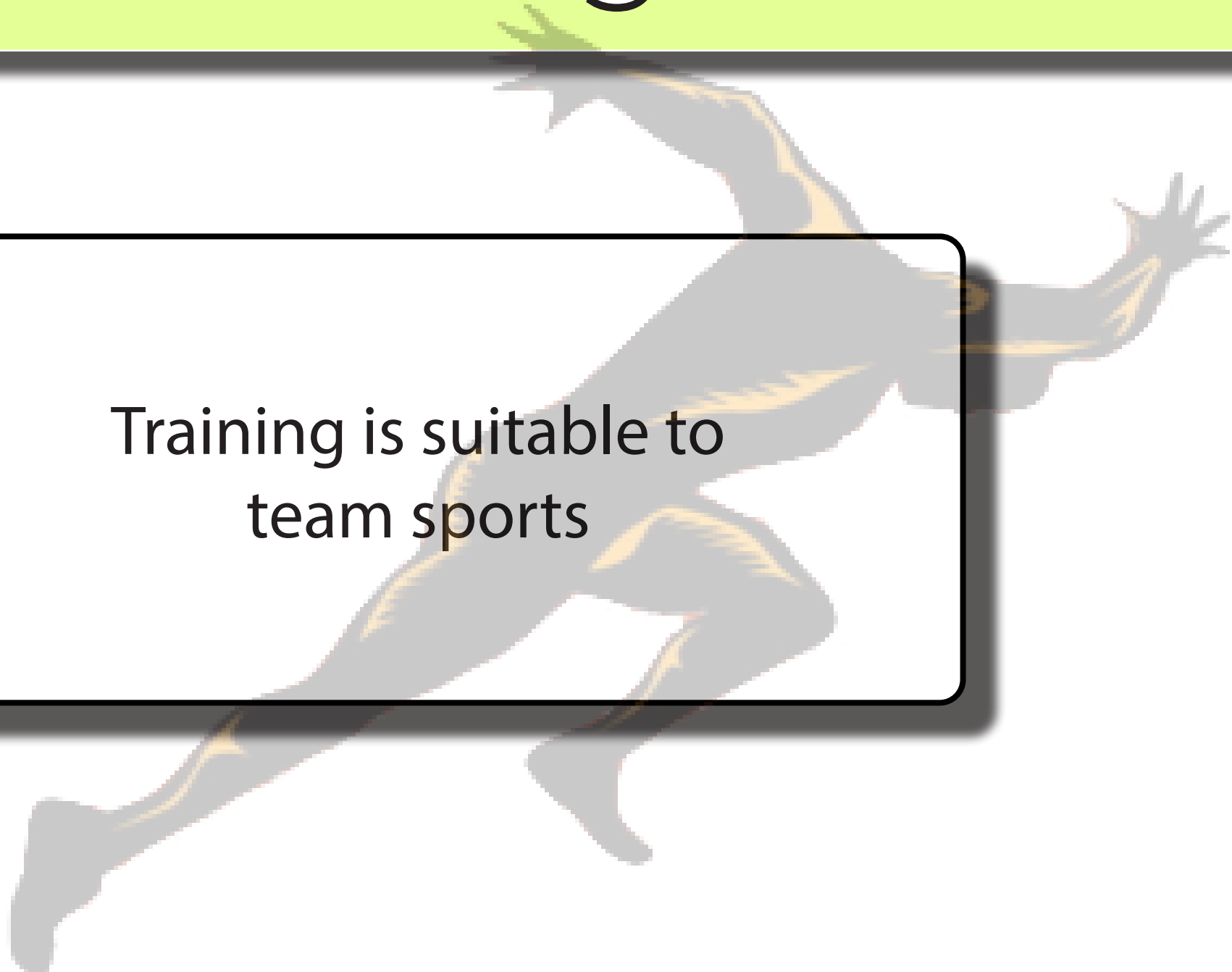
Advantage

Allows you to mix aerobic
and anaerobic work



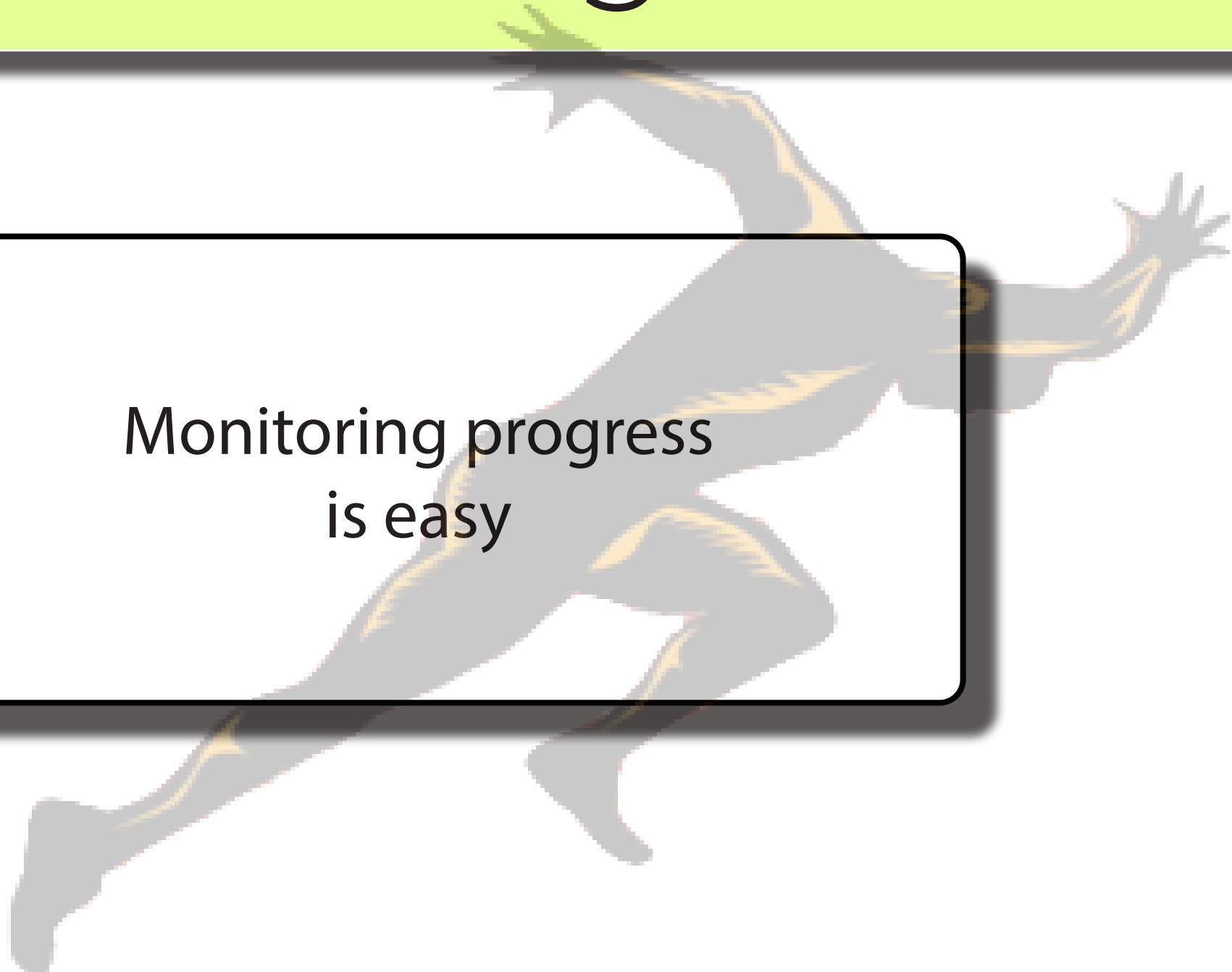
Advantage

Training is suitable to
team sports



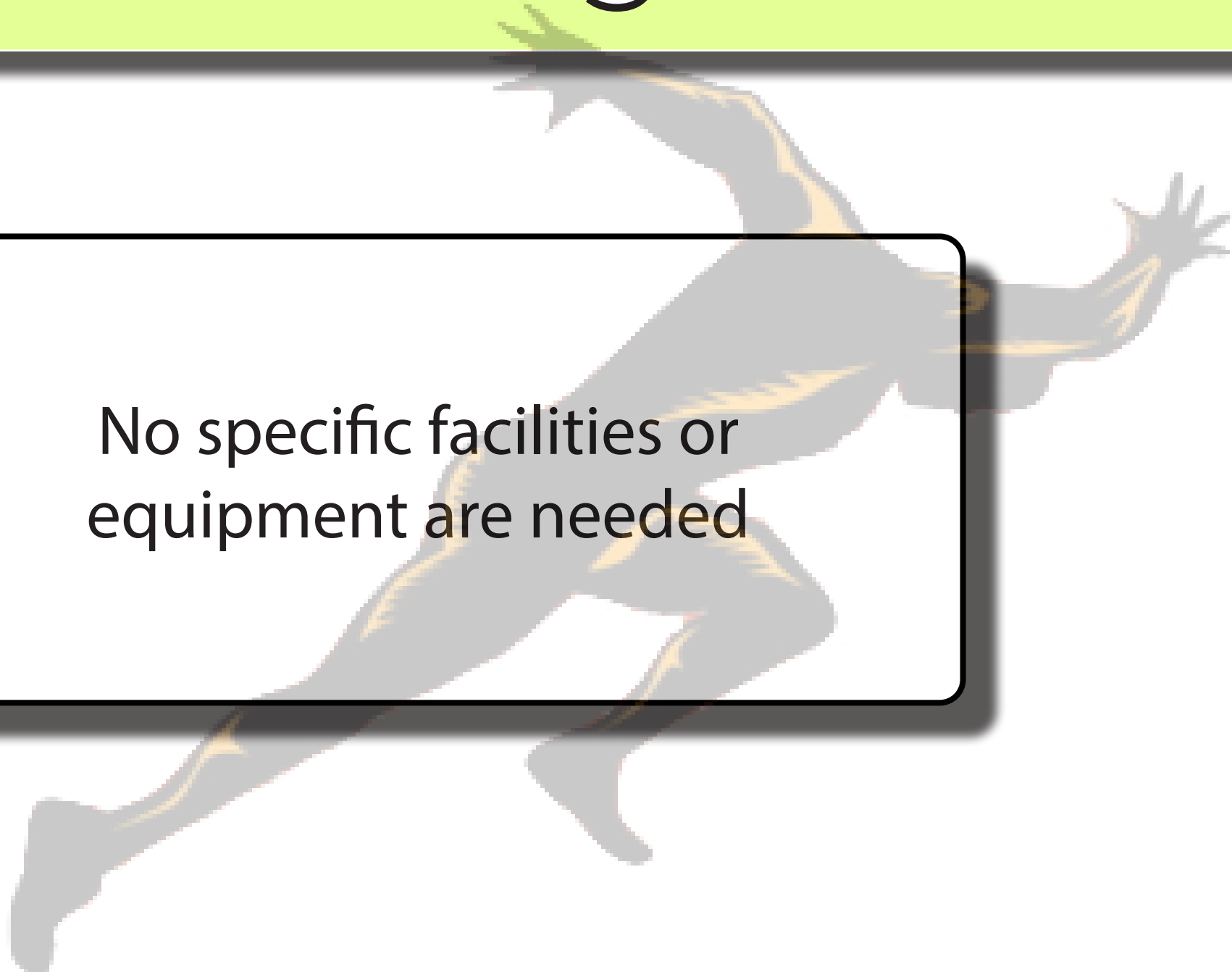
Advantage

Monitoring progress
is easy

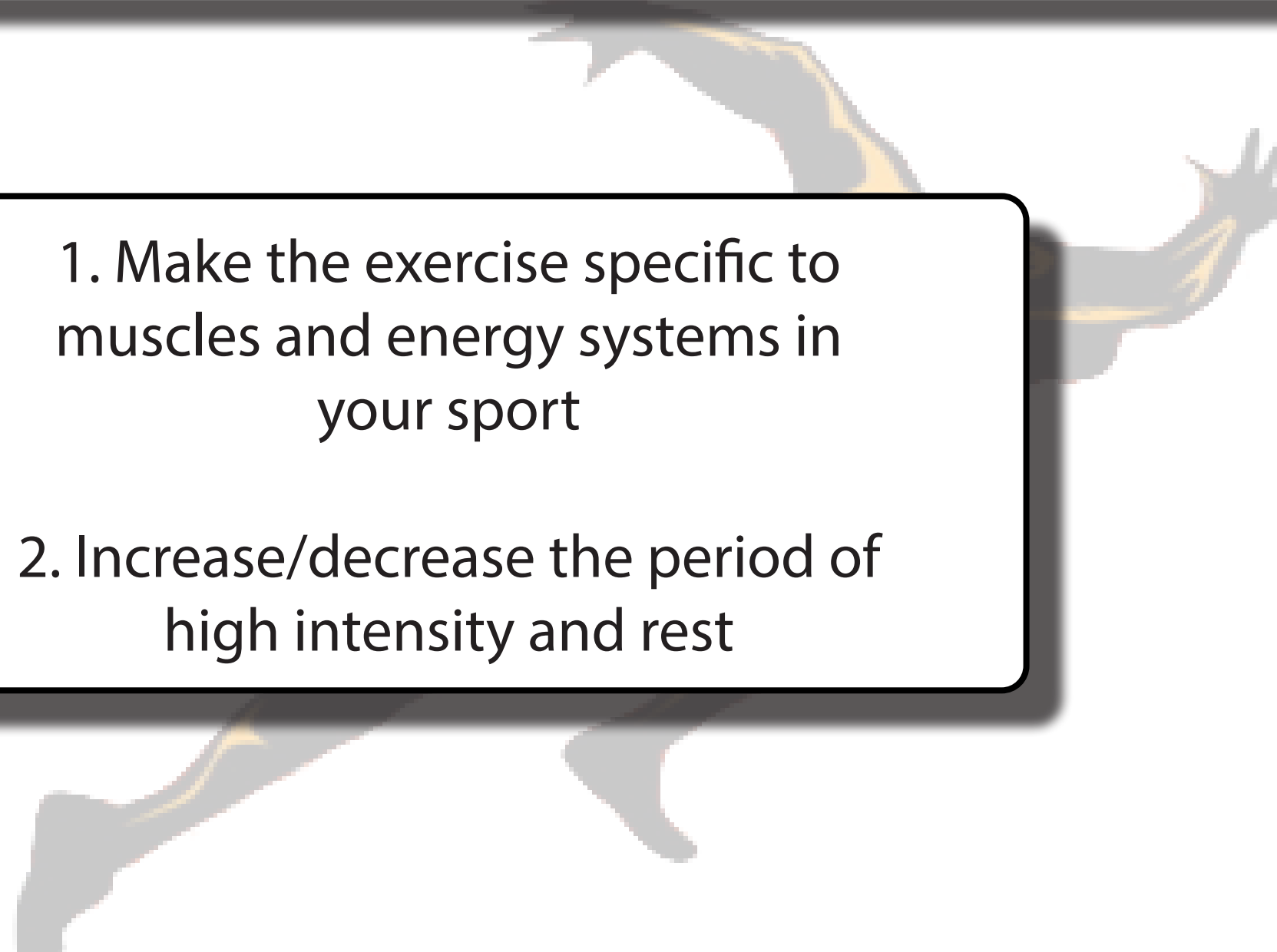


Advantage

No specific facilities or
equipment are needed



Application of SPORT

- 
1. Make the exercise specific to muscles and energy systems in your sport
 2. Increase/decrease the period of high intensity and rest

“Continuous Training”

Task Instructions

1. Print enough sets of cards for groups of 2-4.
2. Set up a track/rectangle for students to run around of a known distance.
3. Ensure students are warmed up.
4. Tell students they have a set time to run as far as they can, encourage them to go at a pace they can sustain for that amount of time.
5. You may want to turn this activity into the 12 minute cooper run.
6. After each lap they must collect a card which contains some information about continuous training and carry it with them.
7. At the end of the time students calculate the distance they covered by multiplying their number of cards by the lap distance.
8. The final task is to work in a small group (2-4) and gather all 12 pieces of information about continuous training by exchanging with other groups. Ensure that you have enough sets for each group and have distributed all the remaining

Variations/Extensions

1. Students can get together in larger groups and play go fish with their cards. Asking the person next to them for a card and if they have it they must hand it over. Play until one person has 12 different cards.
2. Ask students to categorise the cards into structure, advantages, disadvantages and relationship to SPORT.

The Learning

1. The most powerful way to learn is to actively do the learning.
2. The collection of information ensures the brain is as active as the body.
3. The exchanging process means the group has to be constantly checking the information on their cards to see what they need and what they have multiples of.

“Continuous Training”

Continuous training focuses on improving the aerobic system and cardio-vascular endurance

It requires the athlete to perform cardio-vascular activities such as running, cycling and swimming for long periods of time

Continuous training is also a good way to burn calories

Improves aerobic performance

No specialist equipment needed

Easy to overload by increasing the distance or time

Advantages to performers who want to burn fat

Performing the same activity for long periods of time can be boring

Progress can be limited in the early stages and this can be demotivating

Running for long periods of time can cause shin splints and joint injuries

Increase the time and distance to overload and progress

Make the type of activity relevant to your chosen sport

“Fartlek Training”

Task Instructions

1. Print enough sets of cards for groups of 2-4.
2. Set up a track for students to run around. This can be as simple as a four coned rectangle.
3. Ensure students are warmed up.
4. Tell students that between certain points on the track they must run at different intensities i.e. sprint at 100% one length, walk the next length, run at 70% the third length and jog at 50% the last length.
5. Give a time for the length of the training session.
6. After each lap they must collect a card which contains some information about fartlek training and carry it with them.
7. At the end of the session they work together in a small group (2-4) and gather all 12 pieces of information about fartlek training by exchanging with other groups. Ensure that you have enough sets for each group.

Variations/Extensions

1. Students can get together in larger groups and play go fish with their cards. Asking the person next to them for a card and if they have it they must hand it over. Play until one person has 12 different cards.
2. Ask students to categorise the cards into structure, advantages, disadvantages and relationship to SPORT.

The Learning

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“Fartlek Training”

Fartlek means “speed play” in Swedish

The method involves exercising and changing the speed and intensity you work at

An example is running at 80% for 30 secs, then 50% for 2 mins, then 70% for 1 minute

This is repeated for the desired amount of time

It improves both the aerobic and anaerobic system

Helps to recreate the demands of game play

Can be done anywhere

It adds variety and relieves boredom

Sometimes it is hard to determine how hard to work at the different intensities

High motivation is needed from the performer when the harder parts of the session are being performed

To make it specific you can match the intensities to reflect the energy system demands of your activity

You can use more challenging terrain to overload and progress

“Plyometric Training”

Task Instructions

1. Place the information sheets in a place that you will allocate as the recovery area or at the exercise stations
2. Ensure the class is warmed up well.
3. Outline the plyometric session. A useful website is;
<http://www.sport-fitness-advisor.com/plyometricexercises.html>.
4. During the rest period students should read and remember the information on the sheets.
5. At the end of the training session students recall the information they collected. This can be done in pairs or small groups on poster paper.

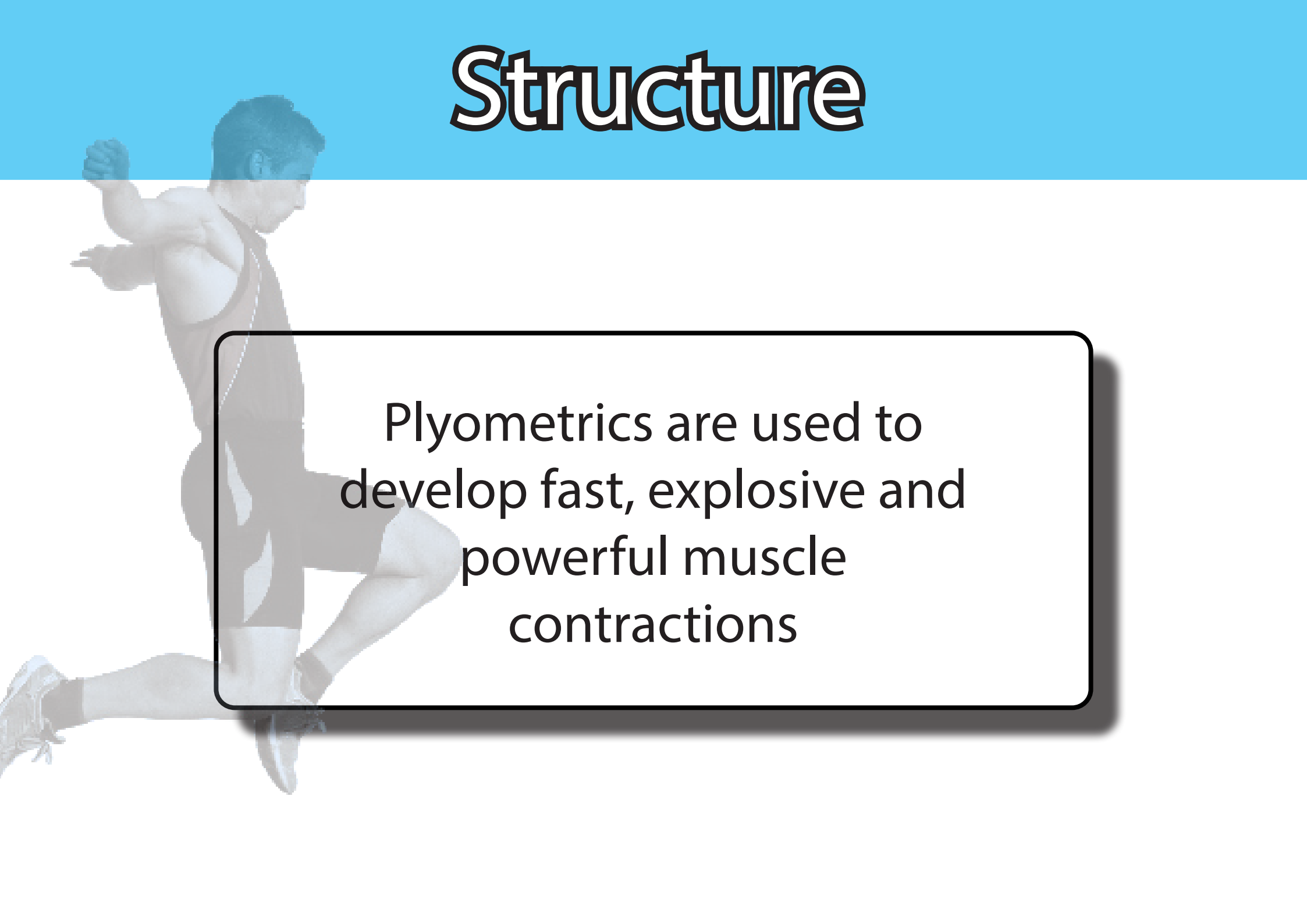
Variations/Extensions

1. Set the exercise session up as a circuit or jumping/bounding drills with rest intervals.
2. During the recall task the more artistic of the pair/group can illustrate the information.

The Learning

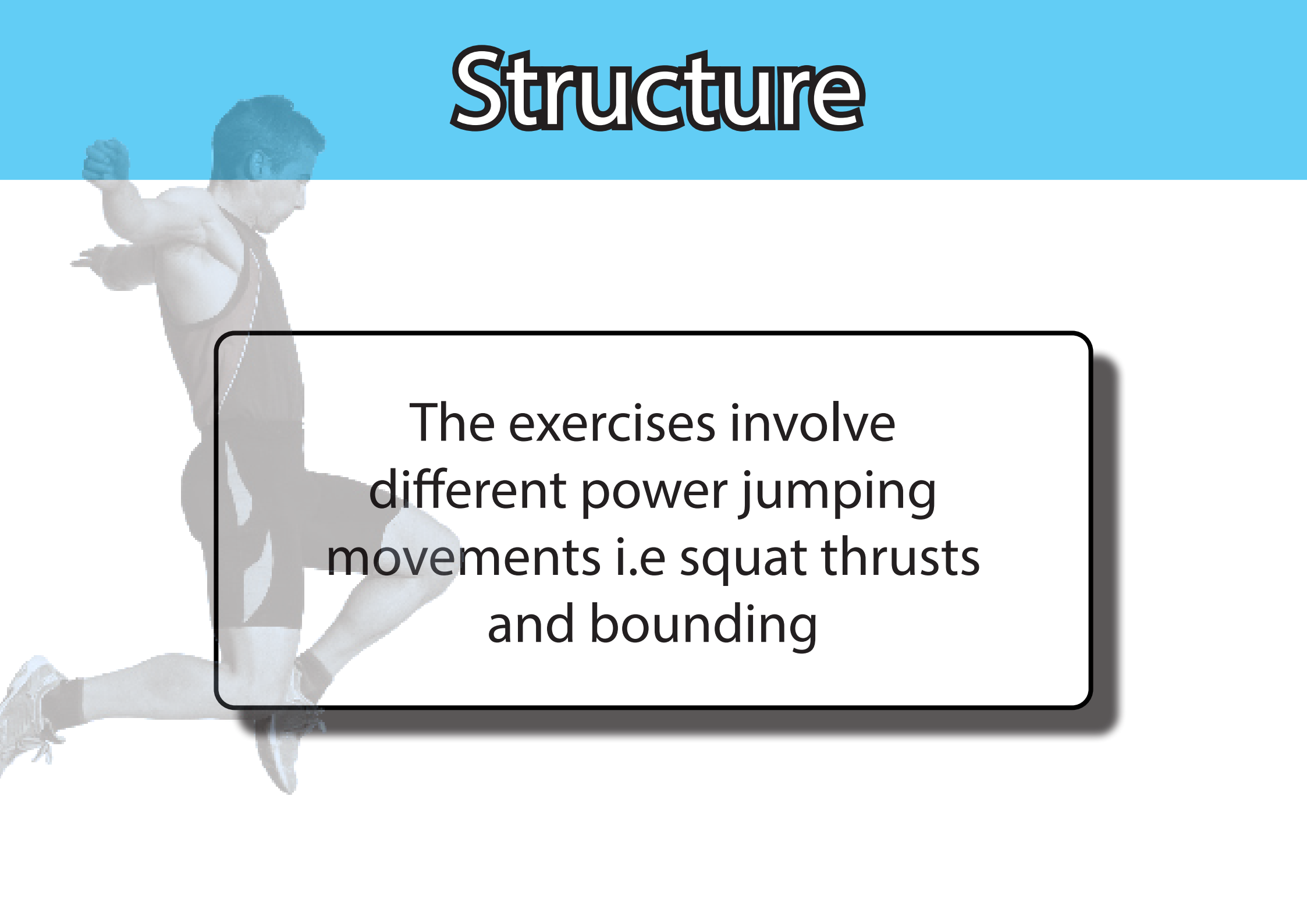
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Structure



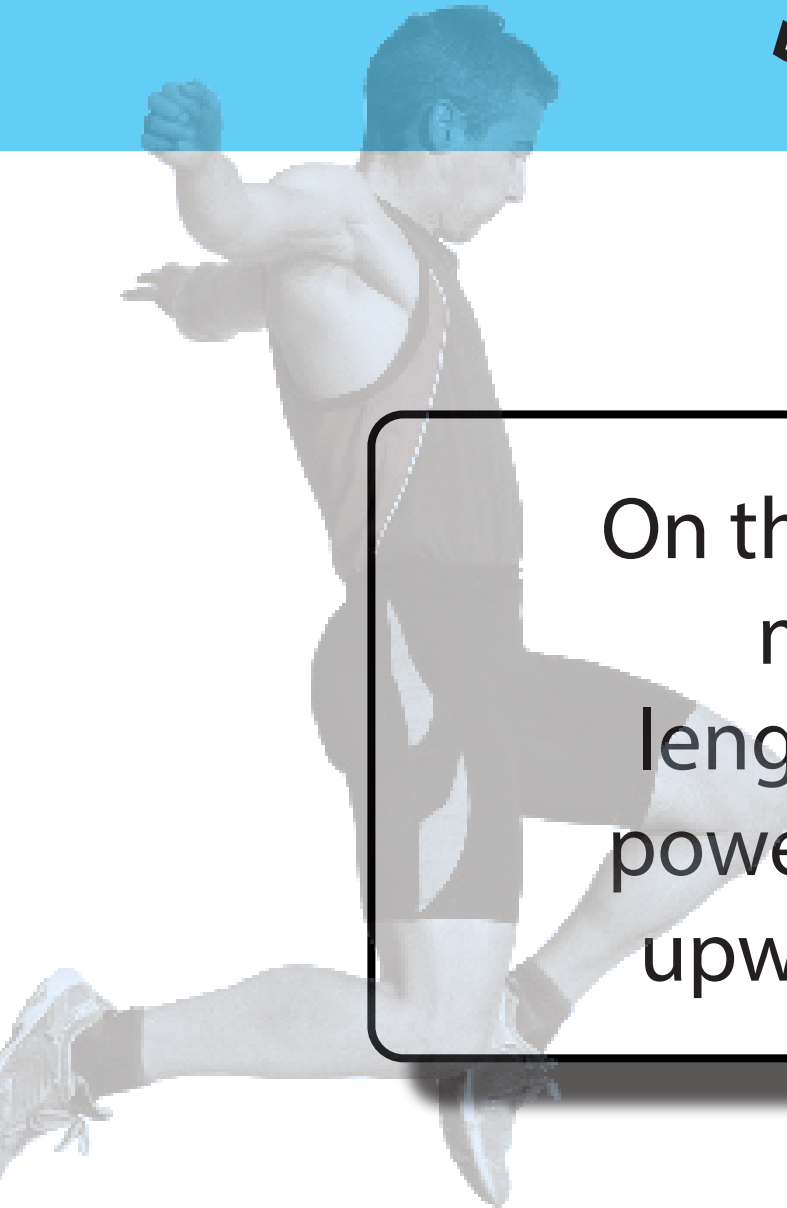
Plyometrics are used to develop fast, explosive and powerful muscle contractions

Structure



The exercises involve
different power jumping
movements i.e squat thrusts
and bounding

Structure



On the downward phase the muscle extends and lengthens. This produces a powerful contraction on the upward phase of the jump

Disadvantages

The main disadvantage of plyometrics is the risk of injury. The exercise puts a large amount of strain on muscles and joints

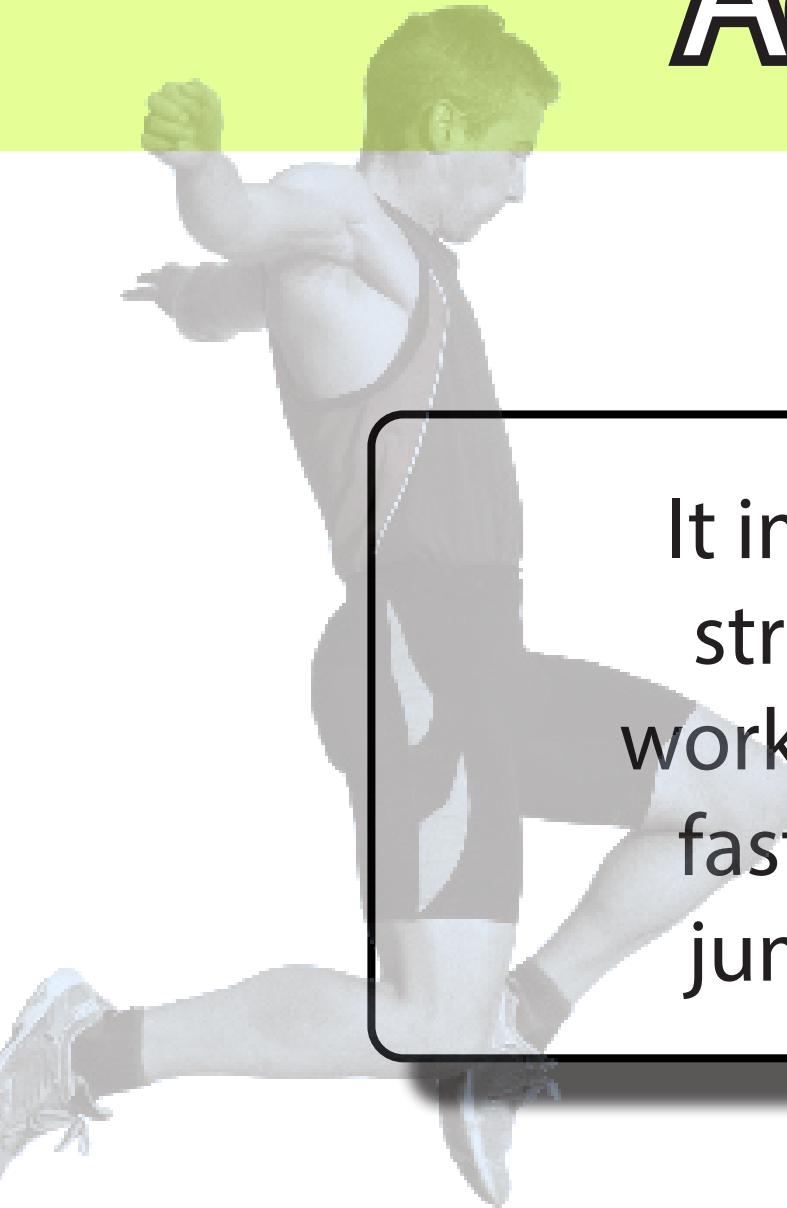


Disadvantages



It only works if the athlete
puts effort into every
exercise

Advantages



It improves the explosive strength of the muscles worked allowing you to run faster, throw further and jump higher and longer

Advantages



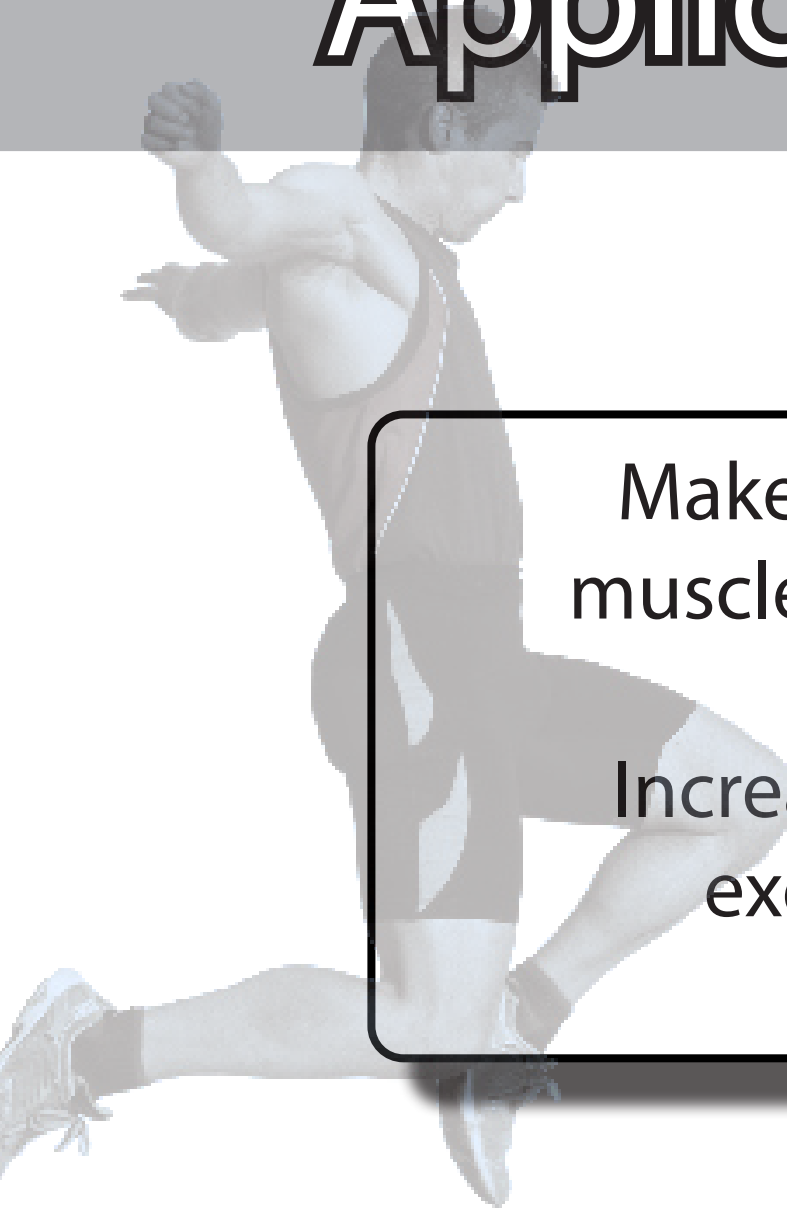
Requires little or no
equipment

Advantages



The exercises can be done
anywhere

Application of SPORT



Make the exercises specific to muscles you wish to improve for your chosen sport.

Increase reps and sets of each exercise to overload and progress