



I CAN.....

-Identify overload, specificity and progression.

-understand examples of overload, specificity and progression.

-apply the Principles of Training to daily exercise and activities.

PRINCIPLES OF TRAINING

Overload- Stressing a bodily system beyond "normal" to bring about benefits.

Example: When lifting weight, overload the muscles to fatigue for strength gain.

This is a great way to increase your FITT factors if they are low.

Specificity-Training a particular area to achieve desired results in that area.

Example: If you want to get faster, you would work on leg strength, leg flexibility and run sprints.

Progression- Gradually increasing the stress put on your body over a period of time.

Example- If you want to run a marathon, start your distances low (4-5 miles) then progress towards 20 miles.