

Chapter 5 “ Principles of Training”

Objectives:

- How does the principle of overload increase your fitness level?
- In what three ways is overload accomplished?
- Why is it important for you to progress at a safe rate in your exercise program?
- What principle would you apply if you wished to improve a specific muscle?

Three Basic Training Principles to be followed in developing your training program:

- 1. Overload** – In general terms, the various systems of the body will become stronger and function better if increased demands (overloads) are placed upon them.
 - *The principle of overload may be accomplished by increasing one of three variables*
 - **Frequency** – (how often you exercise) - Exercise must be preformed regularly if you intend to reach and maintain an adequate level of fitness.
 - **Intensity** – (how hard you exercise) – The intensity of all exercise should be increased enough to demand more effort than usual from the body.
 - **Time** – (how long you exercise) – How many minutes do you jog(cardiovascular), Lift weights (muscular strength and endurance), or perform stretching exercises (flexibility)
- 2. Progression**- as you work harder (overload), your body adapts. Because your body becomes accustomed to the workload, you must progressively increase the amount of work for improvement to occur.
- 3. Specificity** – this refers to the specific exercise that improves specific components of physical fitness in specific body parts.

Example:

-Flexibility exercises will increase flexibility but not necessarily improve cardiovascular fitness

-When a person trains for a specific sport such as gymnastics, attempts to play basketball and quickly becomes fatigued. Each physical activity requires specific demands, and doing the activity is the best way to train for it.