

TRAINING FOR FITNESS

An effective training program includes an exercise prescription that specifies how the principles of training will be applied to bring about the desired outcomes. Whether your goal is to improve sports performance, achieve a high level of fitness or improve your overall conditioning; it is important to follow certain basic principles of training. Understanding and applying these principles is essential to developing an exercise program which produces improvement. In addition, following these principles will enable you to engage safely in a progressive training program.

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The Basic Principles of Training

- OVERLOAD
- PROGRESSION
- SPECIFICITY
- REGULARITY
- INDIVIDUALITY

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OVERLOAD

- Making increased demands upon the body. This increased stress causes the body to adapt or adjust thus improving physical condition.

“Doing more than you normally do.”

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PROGRESSION

- The gradual increase in exercise or activity over a period of time. This increase could be in terms of frequency, intensity, time or type. As you push your body to work harder, it will adjust to the extra workload and improve. The amount of work must be increased again in order to continue to improve.

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SPECIFICITY

- The specificity principle refers to the fact that improvements in the various fitness areas require specific kinds of activity. Training for one area does not necessarily improve another. If particular muscles are used in an exercise, those are the muscles that will adapt according to the way they are used.

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REGULARITY

- It is important to perform physical activity on a regular basis.

If you don't “USE IT”, you “LOSE IT.”

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INDIVIDUALITY

- A training program must be based on an individual's goals and objectives for physical activity and fitness.

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F.I.T.T.

F.I.T.T. Us used to safely apply the principles of overload, and progression to our work-outs.

- **FREQUENCY** – How often you work out
- **INTENSITY** – How hard you work out
- **TIME** – How long you work out
- **TYPE** – The exercises you do should be ones that will help you reach your goals.

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TO IMPROVE OR MAINTAIN CARDIORESPIRATORY FITNESS

- F - Participate in Cardiorespiratory activities 3-5 days per week.
- I - Maintain a heart rate intensity level of 60-80% of your maximum heart rate.
- T - Work-out continuously for 20-60 minutes.
- T - Participate in large muscle movement like – walking, cycling, jogging, swimming, rollerblading, aerobic dance.

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TO IMPROVE OR MAINTAIN FLEXIBILITY

- F - Participate in flexibility exercises at least 2-3 times per week, 5-7 days per week is optimal.
- I - Maintain a slow stretch until mild tension is felt.
- T - Hold each stretch 15-30 seconds, for 2 -4 reps.
- T - Do slow and steady movements, no bouncing.

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TO IMPROVE OR MAINTAIN MUSCULAR STRENGTH

- F - Do muscular strength activities every other day (2-4 days per week)
- I - Do high resistance (heavier weights).
- T - Do 8-12 Repetitions
- T - Do Resistance-type activities (weights, weight machines, exercise bands, kettle balls, etc...).

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TO IMPROVE OR MAINTAIN MUSCULAR ENDURANCE

- F - Do muscular endurance activities every other day (3 days per week)
- I - Do low resistance (light weights).
- T - Do 12-20 Repetitions
- T - Do Resistance type activities (weights, weight machines, exercise bands, body weight exercises).

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TO IMPROVE OR MAINTAIN BODY COMPOSITION

- F - Work out 3 – 5 days per week, daily is best.
- I - Do continuous activity that is sufficient to cause sweating.
- T - Work out for at least 30 minutes. Up to 60 minutes to lose weight.
- T - Use large muscle movement, like – walking, cycling, jogging, swimming, aerobic dance, rollerblading, etc... that can be maintained at the appropriate intensity.

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WARM-UP

Prior to working-out, you should participate in a warm-up.

The warm-up should consist of:

- A slower pace of the activity you are about to perform.
- Stretching exercises

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WHY WARM-UP?

- Increases active muscle blood flow
- Increase blood flow to the heart
- Raises body temperature and may reduce the risk of muscle injury and muscle soreness
- Facilitates temperature regulation

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COOL DOWN

Following the conditioning phase of your training, you should devote about the same amount of time for the cool down period as you did for the warm-up. The cool down enables the body to adjust slowly to reduced activity.

Cooling down properly helps prevent muscle cramps and muscle soreness. It also helps prevent pooling of the blood in the legs, which may occur if you stop exercising suddenly. When that happens, it is possible that not enough blood will be returned to the heart and less oxygen will be supplied to the brain. Fainting may occur.

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THE COOL DOWN SHOULD CONSIST OF:

- Continue your activity at a slow pace until your heart rate slows to 100 bpm or less.
- Stretching exercises.
- Muscle toning exercises.

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FACTORS TO CONSIDER WHEN DESIGNING A WORK-OUT PROGRAM

- Previous involvement in physical activities
- Present fitness level
- Present Health
- Medical History

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COMMON EXERCISE TRAINING MYTHS

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NO PAIN, NO GAIN

Remember, pain is a signal to you that something is wrong. If you feel pain during a workout, you should slow down and possibly stop your workout. Pushing yourself to achieve overload causes you to experience a slight level of discomfort but not pain. Highly trained athletes may be able to train hard and overcome a certain level of pain, but this takes years of training.

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A LITTLE EXERCISE DOESN'T HELP

Any activity is better than doing nothing. Moderate exercise for as little as ten minutes can contribute to your health.

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I CAN GET FIT BY PARTICIPATING IN A SPORT

Actually this statement is backwards. You should get in shape first, so you can safely enjoy participating in a sport. People who participate in sports only on the weekend are especially vulnerable to injury. It is important to exercise every day.

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CARDIORESPIRATORY EXERCISE IS THE MOST IMPORTANT

A balanced exercise program should include flexibility activities, muscular fitness training and cardiorespiratory activities.

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FOLLOW THE BASIC
PRINCIPLES OF
TRAINING TO DEVELOP A
PROGRAM THAT WILL
LEAD TO IMPROVED
HEALTH & FITNESS



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