



## THE PRINCIPLES OF TRAINING

**Frequency** - How often you train

**Intensity** - How hard you train

**Time** - How long you train for

**Type** - What type of training you do

**Specificity** - Training needs to be specific to the individual athlete's needs.

**Progression** - Training must be progressive. E.g. If Gareth Delve can bench press 80kg one week, the next session he should aim to increase the load.

**Overload** - A player must safely overload the muscle / muscle groups if he/she is to progress

**Reversibility** - Training is not permanent. Therefore if a player was to stop training, their level of fitness would return to that prior to training.

**Tedium** - If a player is exposed to the same training regime week after week, tedium will creep in, resulting in the athlete being reluctant to train at all. Therefore, training must be exciting and innovative.

**Evaluation** - A player must evaluate their level of fitness once the programme is finished.