1. **Continues Training**: no rest periods, 60% to 80% of MHR, long slow distance training.
2. **Interval Training**: Period of rest, period of training, can develop aerobic or anaerobic system
3. **Weight Training**: Involves free weights, body weights or machine weight. Improves muscular endurance, power and strength
4. **Fartlek Training**: No rest periods, changing intensities, can develop aerobic or anaerobic systems. E.G: Football
5. **Circuit Training**: A series of exercises in a given sequence, we can change the number of exercises, the time of rest, amount of reps and amount of circuits.

**The Training Session:**

1. **Warm Up**: Consists of gentle cardiovascular exercise, dynamic stretching, and also skill drills. It prepares the body mentally and physically.
2. **Fitness Session**: This section will depend on the sporting activity, the stage of the season the stage of the training.
3. **Skill Session**: Individual group, unit or whole team skill drills. New skills may be learned and developed in unopposed drills or semi-opposed drills, once skills are learnt then the drills become more competitive.
4. **Warm Down**: Involves a period of gentle cardiovascular activity and static stretching. It reduces recovery time and removes lactic acid and CO2 from muscles.

**Components of Fitness**

**Principles of training:**

1. **Individuality**: no 2 athletes respond to training the same way
2. **Specificity**: Training must be specific to requirement of chosen sport Example: futsal dribbling the ball
3. **Progression overload**:
4. **Diminishing Returns**
5. **Variety**: adding variety to exercise program is beneficial in a number of ways
6. **Reversibility**: as training increases so fitness does, not training decreases fitness