

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 cardio vascular 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 cardio- vascular 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