Unit 1

Fitness for Sport and Exercise

Fitness Training Methods

Speed Training

Hollow Sprints

Acceleration Sprints

Interval Training

Name:

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| 18- \_\_\_\_\_\_\_\_\_\_\_\_\_ : Definition:  |
| Types of Speed training 123 | Anaerobic training zoneTo calculate your maximum heart rate (MHR):Your MHR is:Anaerobic training zone is:Your anaerobic training zone is: |
| 19- Hollow SprintsHollow sprints are made up of Hollow periods can be made up ofAn example of hollow sprints is*
 |
| 20- Acceleration Sprints Acceleration sprints are where you start off Between each sprint repetition is |
| To progressively overload acceleration sprints you can do the following things1)2) |

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| 21- Interval TrainingInterval is made up of Work periods should be atRest periods can be made up of |
| To progressively overload interval training you can do the following things:1)2)3) |
| Advantages of Speed training*
*
 | Disadvantages of Speed training *
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| Sports that benefit from Speed training---- |
| **State a sporting example of an athlete who would benefit from acceleration sprint training (1 mark)** |
| **Describe what a Hollow sprint training session would look like (3 marks)** |