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  1  2  3 | Anaerobic training zone  To calculate your maximum heart rate (MHR):  Your MHR is:  Anaerobic training zone is:  Your anaerobic training zone is: |
| 19- Hollow Sprints  Hollow sprints are made up of  Hollow periods can be made up of  An 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 things  1)  2) | |

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| 21- Interval Training  Interval is made up of  Work periods should be at  Rest 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 |
| 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)** | |