

Principles of Training Questions

1. Describe what is meant by reversibility and give one reason why reversibility may occur. **(2 Marks)**

2. Outline two factors that have an impact on 'individual needs'. **(2 marks)**

3. Jasper is a cyclist. He is going to use the FITT principle to apply overload to his training programme. Explain how Jasper can apply the principles of 'frequency' and 'intensity'. **(2 marks)**



