

Principles of Training Questions

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

2. Brunella is a long distance runner. Explain what is meant by the term 'tedium' and discuss how Brunella can prevent tedium from impacting her training. **(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)**



