



Types of Training Starter Resource

5 different sports can be seen below.



Tennis



Hockey



Marathon



Swimming



Shot Put

Which of the following training methods would you use to improve fitness for each of the sports shown above? Why?

Continuous

Interval

Weight

Circuit

Fartlek

A shot-putter has been told to include a small amount of continuous training within their programme. Do you agree?

A swimmer has been told that using interval training is the only way that they will see improvements. Do you agree?

A tennis player should use all 5 of the training methods shown above. What are the pros and cons of this strategy?