

## TYSON FURY – STARTER RESOURCE

Tyson Fury claims he is the greatest fighter of his era after winning an epic 'trilogy' fight against Deontay Wilder.

Three training methods are listed below:

- Circuit Training
- Continuous Training
- Weight Training

Explain the relative importance of each of these training methods to a boxer.



Macronutrients form a large part of our diet. The three macronutrients are listed below:

- Carbohydrates
- Protein
- Fats

Discuss the importance of each macronutrient to a boxer.

### Debate

'Boxing is an outdated and barbaric sport. It should be banned'

Explain the extent to which you agree or disagree with this statement.