

Reasons for Fitness Testing

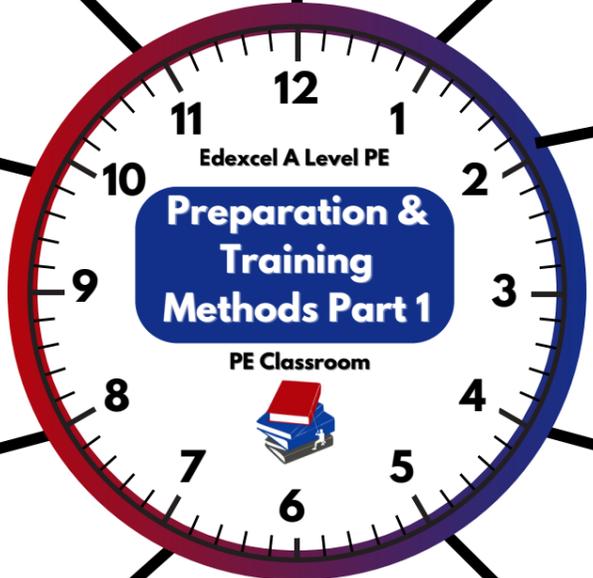
Maximal Tests

Submaximal Tests

VO2 Max Tests

Limitations of Fitness Testing

Components of Fitness



Calculating Work Intensities

Periodisation of Training

Technology to Monitor Fitness & Performance

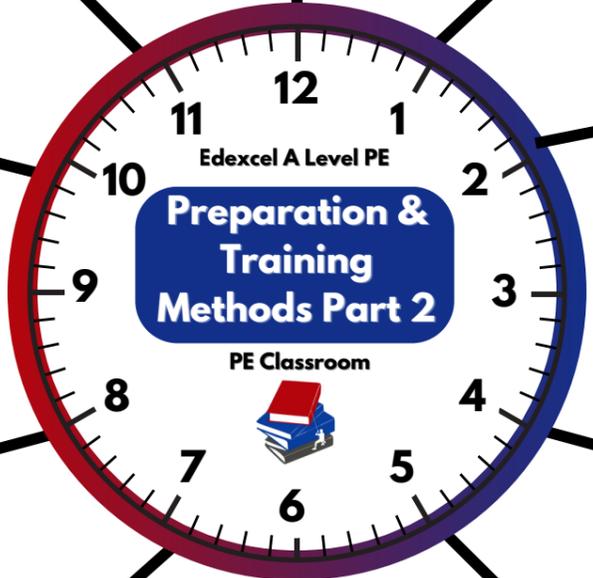
Principles of Training

Circuit Training

Continuous Training

Fartlek Training

Interval Training



Periodisation

Plyometric Training

Altitude Training & Adaptations

Resistance Training

Flexibility Training

Weight Training