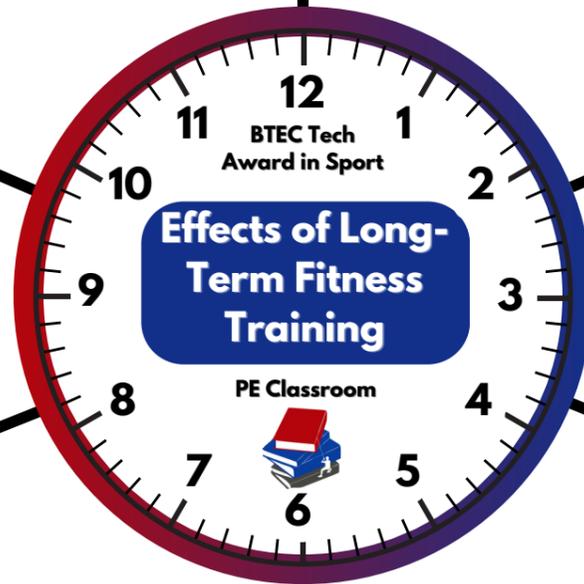


For a sport of your choice, identify two appropriate methods of training , and the long term effects of that training on the performer

Effects of Aerobic Endurance Training

Effects of Speed Training

Effects of Flexibility Training



Effects of Muscular Strength & Power Training

Effects of Muscular Endurance Training