

The Principles of Training help you to select and manage a training programme.

- Pick a sport that you would like to improve in
- Pick a component of fitness that you are going to target to improve
- Use the table below to show exactly what your training will consist of for 2 weeks
- How will you know if you have improved at the end of the 2 weeks?
- Analyse the programme from another pupil and decide if you think it is an effective training programme

Sport = _____

Component of Fitness = _____

	Type of Training Session	Exactly what the training will consist of
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		
Day 8		
Day 9		
Day 10		
Day 11		
Day 12		
Day 13		
Day 14		