Your notes

GCSE PE: revision notes

Methods of training

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Methods of training

- **Continuous training**: exercising at a steady, moderate intensity for at least 20 minutes without rest, such as a 30-minute run. It improves cardiovascular endurance.
- **Fartlek training** ("speed play"): continuous exercise with changes of speed and terrain, such as jogging, then sprinting uphill. It suits games players.
- **Interval training**: periods of work followed by rest. Short, intense intervals improve anaerobic fitness; longer ones improve aerobic fitness. High-intensity **interval training** (**HIIT**) uses very hard bursts.
- **Circuit training**: a series of exercises at stations, done one after another. It can be adapted to work on many components of fitness.
- Weight (resistance) training: lifting weights, measured in sets and **repetitions**. Low reps with heavy weights build strength; high reps with light weights build muscular endurance.
- **Plyometrics**: jumping and bounding exercises, such as box jumps, that use eccentric then concentric contractions to build power.
- Static stretching: holding a stretch for about 30 seconds to improve flexibility.

Choosing a method

- Match the method to the sport and component: **continuous training** for a marathon runner, **plyometrics** for a high jumper, Fartlek for a hockey player.
- Consider the advantages: circuits can be done in groups and adapted; **continuous training** needs little equipment.
- Consider the disadvantages: **continuous training** can be boring and doesn't train anaerobic fitness; weight training needs equipment and a good technique.

High altitude training

- At high altitude there is less oxygen, so the body makes more red blood cells.

- When the performer returns to sea level, more oxygen can be carried to the muscles, helping endurance.
- The benefits are lost quickly when training at altitude stops, and it can cause altitude sickness.

Key terms

Continuous training	Steady exercise for at least 20 minutes without rest.
Fartlek training	Continuous training with changes of speed and terrain.
Interval training	Periods of work followed by periods of rest.
Circuit training	Exercises at a series of stations done one after another.
Plyometrics	Jumping exercises that develop power.
Repetitions	The number of times an exercise is done in a set.
HIIT	High-intensity interval training.

Quick questions

Cover the answers and test yourself: remembering is what makes it stick.

1. Which method of training involves changes of speed and terrain?
2. Which method best improves the power of a high jumper?
3. Which method uses periods of work followed by rest?
4. How long should continuous training last?
5. What does weight training with heavy weights and few reps improve?
6. Why is Fartlek training good for a hockey player?
7. What is a disadvantage of continuous training?
8. What is an advantage of circuit training?

Answers

1. Fartlek training
2. Plyometrics
3. Interval training
4. At least 20 minutes
5. Strength
6. It copies the changes of pace in a game
7. It can be boring and doesn't train anaerobic fitness
8. It can be adapted to many sports and components of fitness

What to do next

Practise 11 questions on this topic

Try 5 exam questions, with mark schemes

Read the lesson, one step at a time

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