



THE MAIN PRINCIPLES OF TRAINING:

Specificity means ensuring that training is relevant to both the individual and the sport.

For example, Usain Bolt, as a 100m sprinter would focus his training on speed and power. Whereas Mo Farah, who is a long-distance runner would concentrate on his cardiovascular fitness and stamina.

Progressive overload involves gradually increasing training frequency, intensity, time or type over the training period, ensuring that the body is pushed beyond its normal rhythm. Doing this too quickly can cause your performance to plateau or could even cause an injury.

Reversibility refers to the ability to scale training back in the event of an injury, for example. It is better to scale the training back rather than take a complete break

SPECIFICITY

PROGRESSIVE

OVERLOAD

REVERSIBILITY

TEDIUM

from training if possible, because this helps to maintain motivation.

Tedium refers to the variety required in order to avoid boredom and keep athletes motivated. By keeping athletes motivated, they

will work harder and stick to training regimes, ultimately helping them to improve their performance more quickly.

Variety can also help to reduce the risk of injuries such as strains and stress fractures caused by overuse.



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