**Additional Principles of training**

**SPORV R & R**

Match the definitions by drawing arrows and write an example using the marathon.

Principle Definition Example for the

 marathon

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| **S**pecificity and individual needs  |  | It is important to include variety in your training to overcome boredom |  |
| **P**rogressive overload | There is when your body changes to cope with the extra loads and stresses applied to the body during training.  |  |
| Adaptati**o**n  | If training stops, or if the intensity is not sufficient, the training effects are reversed.  |  |
| **R**eversibility | A performer who has over trained will cease to make progress. Even top class athletes need time to rest and recover.  |  |
| **V**ariation  | Any fitness gains will be specific to the muscles or systems to which it is applied. The programme should be designed to meet personal training goals and needs |  |
| **R**est and **R**ecovery  | This is where an athlete keeps working harder that they used to in order to ensure they continue to gain fitness.  |  |