



1. Key Principles of Training

The main principles of training can be remembered using the acronym 'SPOR':

- Specificity – Training should be specific to the individual's goals, activity, or sport.
- Progression – Gradually increasing the training demands to continue making improvements.
- Overload – Making the body work harder than normal to achieve fitness adaptations.
- Reversibility – Fitness improvements are lost when training stops or reduces in intensity.
 - Tedium – Training needs to be changed to prevent boredom.

2. Principles of overload

The FITT principle helps structure training sessions effectively:

- Frequency – How often you train (e.g. 3–5 times per week).
- Intensity – How hard you train (e.g. heart rate zone, load, speed).
- Time – How long each training session lasts (duration).
- Type – The kind of exercise performed (e.g. aerobic, strength, flexibility).

3. Application to Health and Fitness

When designing a training programme, the principles must be applied to match personal goals. For example:

- A runner focuses on specificity by including endurance training.
- Progression might involve increasing distance or intensity gradually.
- Overload could be achieved by adding more sessions or resistance.
- Recovery days help prevent reversibility and overtraining.

4. Common Misconceptions

- Training every day is not always better – rest is vital for recovery.
- Overload should be gradual; increasing too fast can lead to injury.
- Reversibility does not happen overnight; it occurs over time.
- Variety does not mean random – all sessions should still link to goals.

5. Key Vocabulary

Term	Definition
Specificity	Training that is relevant to the individual's goals or sport.
Progression	Gradual increase in training demands to continue improvement.
Overload	Working the body harder than usual to encourage adaptation.
Reversibility	Loss of fitness when training stops or intensity decreases.
FITT	Framework for structuring training (Frequency, Intensity, Time, Type).
Adaptation	The body's response to repeated training over time.
Variation	Changing training methods to maintain motivation and prevent injury.
Individualisation	Tailoring training to the needs and abilities of each person.
Rest & Recovery	Essential time for the body to heal, rebuild, and grow stronger.
Overtraining	Too much training without sufficient recovery, leading to fatigue or injury.