
The FITT Principle

— Assit. Prof. Hawder Dlshad —

What is Fitt

- **FITT** stands for **F**requency, **I**ntensity, **T**ime and **T**ype.

All of these principles must be taken into consideration when undertaking a training programme.

By combining these four elements, a person may achieve the minimum level of fitness, or by adapting them further and increasing the intensity, a person can train to a higher level.

Frequency

Level

Frequency is the number of times exercise is undertaken in a week.

The more times a person exercises the more often their body is put under stress.

Exercising between three and five times a week is the recommended amount to reach the minimum level of fitness.

Time

Intensity

Intensity is the level of difficulty of the exercise.

In cardiovascular training, working in a target zone of 60 to 80 percent of the maximum heart rate is the level where fitness will usually increase.

When training for strength, the intensity is calculated in the same way.

A person can train within the target zone by finding the maximum weight they can lift and working to 60 to 80 percent of that weight.

As the amount of weight lifted increases with training, this will add to the intensity.



Time

Time refers to how long an exercise sessions lasts.



30 minutes, to include a warm-up, is the recommended length of a session in order to maintain good health and fitness.

Type

Type refers to the variety of training a performer undertakes

If general fitness is the aim, it can be a matter of personal preference to suit the individual.

Cardiorespiratory Endurance



Frequency- exercise 3-5 times per week

Intensity- train at 60-85% of one's maximum heart rate

Time- 20-60 minutes per session

Type- any aerobic activity that keeps heart rate within your target heart zone

Examples: Jogging, swimming, cycling, playing basketball or soccer, step aerobics class, etc.



Muscular Endurance

Frequency-weight train 2-4 times per week

Intensity- workout so that you are lifting a weight appropriate for 8-20 repetitions, with little rest time in between lifts

Time-a total workout can be about 30-60 minutes (allows enough time to perform 8-10 different exercises about 8-15 repetitions.)

Type-an activity that allows the muscles to perform a physical task over a period of time without becoming fatigued (resistance training, Pilates, circuit training, etc.)

