Principles of Training

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 Carefully Planned and Deliberate Training Program
 Follow 3 Basic Training Principles

 Overload
 Progression

Specificity



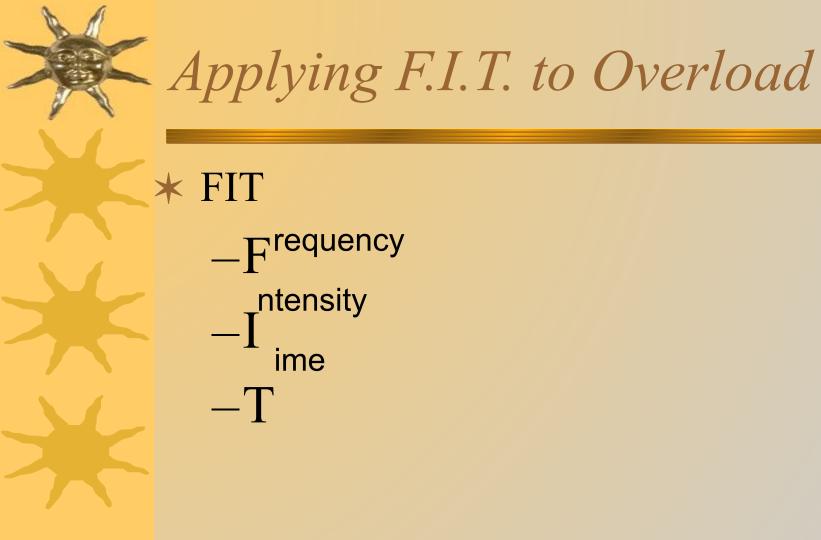
 Body systems become stronger and function better if increased demand is placed on them

***** Should not be too severe (too much)

Varies from person to person and system to system



Ancient Greek wrestler
Increased strength by lifting baby calf
As calf grew, strength increased
Soon Milo could lift a full grown bull





***** Number of times you exercise **★** Ideally □ becomes part of daily routine ★ Minimum □ 3 times per week **Flexibility 3-6** times per week **★** Cardio □ 3-6 times per week **Muscle Strength** work muscle group every other day ***** Muscle Endurance \Box work muscle group every

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Intensity

***** How hard you work out ***** Too hard \Box leads to injury ***** Too little 🗆 little or no improvement **Flexibility stretch** further **Cardiovascular** I run faster ***** Muscle Strength \square increase weight



***** How long you exercise ***** Flexibility
Increase Hold of stretch ***** Cardio
Increase Mileage ***** Muscular Strength
Increase Repetitions or Sets ***** Muscle Endurance
Increase Repetitions or Sets

Principle of Progression

 Increase your workload progressively for maximum improvement and to prevent injuries

* Body adapts to overload so more overload is needed continue to improve fitness

Principle of Specificity

 Must do <u>specific</u> exercises to improve <u>specific</u> components of physical fitness in <u>specific</u> body parts



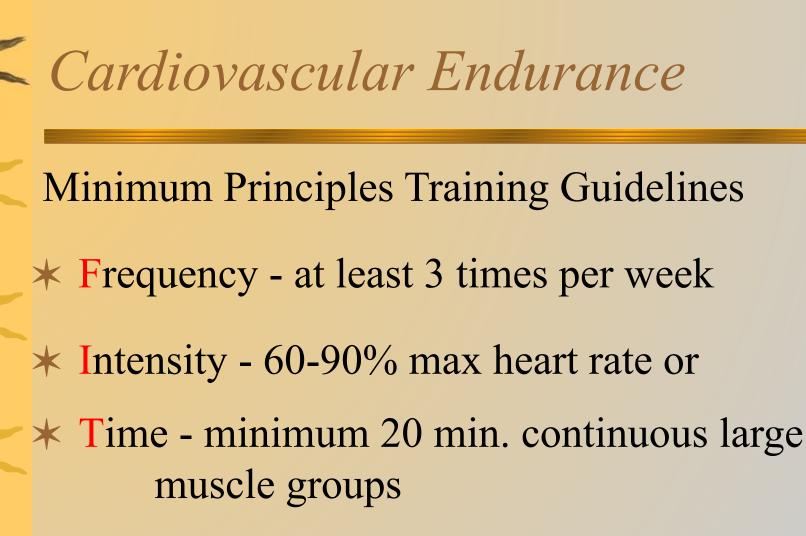
Flexibility

Minimum Principles of Training Guidelines

Frequency - at least 3 times per week

***** Intensity - controlled stretch

Time - static: hold stretch 15-30 sec.





Minimum Principle Training Guidelines

Frequency - every other day

Intensity - low resistance (30-50% 1 RM)
Time - high repetitions (10-15 reps, 3 sets)



Minimum Principles of Training Guidelines

Frequency - every other day

Intensity - heavy weights (60-90% 1 RM)
 Time - low repetitions (4-8 reps, 3 sets)

THANK YOU