

# GCSE Physical Education – Types of Training

**Continuous training** - Involves a steady but regular pace at a moderate intensity (aerobic) which should last for at least 20 minutes. i.e. running, walking, swimming, rowing or cycling.  
Used by a **marathon runner**.



Advantages	Disadvantages
<ul style="list-style-type: none"> <li>• Ideal for beginners</li> <li>• Highly effective for long distance athletes</li> </ul>	<ul style="list-style-type: none"> <li>• Can be extremely boring as repetitive</li> </ul>

**Interval training** - Involves periods of work followed by periods of rest. i.e. *Sprint for 20 metre + walk back to start.*  
Used by a **200m sprinter**



Advantages	Disadvantages
<ul style="list-style-type: none"> <li>• Quick and easy to set up.</li> <li>• Can mix aerobic and anaerobic exercise which replicates team games.</li> </ul>	<ul style="list-style-type: none"> <li>• It can be hard to keep going when you start to fatigue (high motivation and self discipline needed)</li> <li>• Over training can occur if sufficient rest is not allowed between sessions (48 hours)</li> </ul>

## Fartlek training – Referred to as ‘speed play’

This is a form interval training but without rest. Involves a variety of changing intensities over different distances and terrains.



i.e. *1 lap at 50% max, 1 lap walking, 1 lap at 80% (aerobic and anaerobic used)*

Used by **games players – Hockey players**

Advantages	Disadvantages
<ul style="list-style-type: none"> <li>• More enjoyable than interval and continuous training</li> <li>• Good for sports which require changes in speed</li> <li>• Easily adapted to suit the individuals level of fitness and sport.</li> </ul>	<ul style="list-style-type: none"> <li>• Performer must be well motivated particularly when intensity is high</li> <li>• Difficult to assess whether performer is performing at the correct intensity</li> </ul>

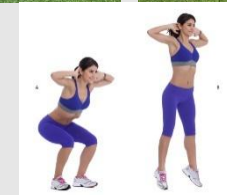
## Plyometrics training

Involves high-impact exercises that develop **power**. i.e. *bounding/hopping, squat jumps.* Used by **long jumpers, 100 m sprinters or basketball players.**

Advantages
<ul style="list-style-type: none"> <li>• Easy to set up requiring little or no equipment</li> <li>• Hugely effective in developing power</li> </ul>



Disadvantages
<ul style="list-style-type: none"> <li>• Can result in injury if not fully warmed up.</li> <li>• Can place a great stress on joints and muscles.</li> </ul>



**Weight/Resistance training** – A form of training that uses progressive resistance against a muscle group. Used by **cyclists**.

Muscular strength: **High weight x low repetitions**

Muscular endurance: **Low weight x high repetitions**



Advantages	Disadvantages
<ul style="list-style-type: none"> <li>• Variety of equipment to prevent boredom</li> <li>• Strengthens the whole body or the muscle groups targeted.</li> <li>• Can be adapted easily to suit different sports</li> </ul>	<ul style="list-style-type: none"> <li>• Requires expensive equipment</li> <li>• If exercises are not completed with the correct technique it can cause injury to the performer</li> </ul>

**Circuit training** - A series of exercises completed one after another. Each exercise is called a station. Each station should work a different area of the body to avoid fatigue.

i.e. *press ups, sit ups, squats, shuttle runs.*



Advantages	Disadvantages
<ul style="list-style-type: none"> <li>• Quick and easy to set up</li> <li>• Easy to complete with large groups</li> <li>• Can be adjusted to be made specific for certain sports. i.e. <i>netball specific circuit</i></li> </ul>	<ul style="list-style-type: none"> <li>• Technique can be affected by fatigue and can increase risk of injury</li> <li>• Must have motivation and drive to complete the set amount of repetitions and sets.</li> </ul>

## HIIT Training

These are High Intensity Interval Training activities where speed and recovery are used throughout the session. Exertion levels are high (7/10) for between 30 secs and 3 mins. Work output is much shorter than recovery time  
Examples might be Body pump, High Impact Aerobics, Spinning.



Advantages	Disadvantages
<ul style="list-style-type: none"> <li>• Variety avoids boredom</li> <li>• Instructor will challenge &amp; motivate</li> <li>• Great way to meet new people</li> </ul>	<ul style="list-style-type: none"> <li>• Gym membership can be expensive.</li> <li>• Group classes are not tailored to individual needs.</li> </ul>

