THE FITT PRINCIPLE

The basic formula for creating a training program is the FITT formula.
F = Frequency
I = Intensity
T = Time
T = Type

FREQUENCY: How often should a person train? Training needs to be done on a regular and consistent basis for your body to be able to adapt and improve.
The minimum frequency for developing aerobic capacity is about 3 times a week, note this is a minimum. More serious sportspeople would train 5 to 6 times per week to improve aerobic capacity.
Strength training requires a minimum of about the same, 3 times a week. To maintain strength, 2 sessions per week would be enough.
The goal and type of sport, or activity being trained for will ultimately determine the frequency of training sessions you will have.
Summary; The frequency of training sessions is important, because if you train too infrequently, you will not produce enough stimulation for the body to make positive adaptions and improve, and if you train too often, you risk, being too tired, becoming stale and getting injured.

Choose a sport and discuss
In a sport you are familiar with and at a level you know something about; discuss how often you would train (frequency), Pre-season and during the season. Discuss for what length of time you would keep this up for during each phase and why?

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INTENSITY: Knowing how hard to work during a training session is important if you want to improve in performance. Intensity combines the principles of Progression, Overload, and Rest.

Progression means; your training program must get harder and harder and harder (increase in intensity) over time, as your fitness and skill levels improve, or you will plateau and stop improving. *(Draw a graph on board to illustrate)*

This principle is closely linked with the Overload principle. Overload means; training above your current level of fitness. Everyone has a training threshold. During effective training periods this is always improving. So again, you need to train harder and harder and harder so you always stay above this threshold and therefore keep improving.

(Discuss a resistance program for a person wanting to bench press 100kgs in 2 years time. They weigh 70kgs and have never lifted weights before. How do we work out what weight to start their bench pressing at?)

The principle of rest is important, as it's mostly, during the rest periods, that physical improvements or adaptations are made by the body. If the rest periods are too long "the improvements wear off", or too short "there is not enough time for the body to make any improvements", no improvements will be made.

Note: The rest principle is not related to the types of rest periods, experienced in interval training. It refers to rest after a training session.

Intensity can be managed many different ways given there are many different ways and reasons to train:

You can train using different "Training target heart rates"

You can train for longer sessions. (60mins instead of 30)

You can train for longer periods of time. (6 wks instead of 4)

You can increase resistance in resistance training.

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(lift 10kg 10 times instead of 5kgs 10 times)
You can decrease or increase rest periods between exercises, sets or repetitions of exercises.
(Rest for 30secs btwn exercises during a circuit instead of 1 min)
You can train at a faster tempo.
You can train by towing parachutes, dragging tyres, or buckets (if swimming or paddling) or you can add hills to your session instead of running or cycling on the flat.

TASK: Use the marathon training program (from the progression lesson) and find examples of increased intensity throughout the program.
What are they ? Try and find at least 3 different ways intensity is changed.
Why do they change the intensity at that point in the program?

TIME: Refers to how long a training session should last.
Sport and Recreation New Zealand (SPARC) promote, 30 minutes of exercise a day as a general rule for everyone.
TASK: What are minimum training times suggested for:
Warm ups?
Cool downs?
Developing aerobic fitness?
Developing strength?
Developing muscle endurance?
Improving flexibility?
Look in Sherriff under "fitness and training".
TYPE: The type of exercise program's are many and varied. They include Resistance training, Interval training, Circuit training, Continuous training, and Plyometric training.
Explain how each type of training works and why ?