Training Principles

How to Maximize Your Training Sessions
S.P.O.R.T. Principles

When planning any training, you should have to apply the principles of training. The principles can easily be memorized using the mnemonic S.P.O.R.T.

SPECIFICITY
PROGRESSION
OVERLOAD
REVERSIBILITY
TEDIUM
Specificity

- To increase a particular part of any fitness related component, you must work on that particular area. You must do specific types of activity to improve specific parts of the body in specific ways.

- For example, if you are training for a soccer, swimming everyday will not help you in your soccer fitness.

- You need to concentrate on training your legs, heart, lungs in the manner used for soccer.
How do you know what to work on?

For specificity, you need to train specifically to develop the right...

- **Muscles** – If your sport requires a lot of running, work your mainly on your legs.

- **Type of Fitness** – Do you need strength, speed, stamina or combination?

- **Skills** – You should be practicing any relevant skills like kicking, serving, passing, etc.

- **Specific individuals respond differently to the same workload/exercise. Training may need to be adapted to suit the needs of the different participants.**
Progression

- Gradually increasing the amount of exercise you do as your body learns to adapt to the increased workload.
- When an individual first starts off training, their level of fitness may be poor, as their body adapts to the training, they need to challenge their body more to get a response or change.
- For example, if you were training for a 10K run, you might start off by running 3-30 minute runs per week. As you train, you would then increase your time by 3-5 minutes each week. For weight training, as well as other types of training, it is usually a 10% increase.
Overload

- Fitness can only be improved by training more than you normally do.
- Unless the body is subjected to increased demands, improvements in fitness will not occur.
- If a fitness program is to be effective, it must place increased and specific demands on the body.
- If training levels stay the same, then the program will only be maintaining the current fitness level, not improving it.
- Remember though…..You can train too much!
Reversibility

- Most training is reversible, what that means is…adaptations aren’t permanent.
- Unless you keep training, any fitness gains will be lost.
- Fitness will be lost if the training load is reduced (meaning overload is not achieved) or if a person stops training, for example if they are injured.
- Endurance can be lost in the third of the time it took to achieve! Strength declines more slowly but lack of exercise will still cause muscles to atrophy.
Tedium

- This basically means…you can get bored while training!
- It is very important to vary your training a bit to prevent your workout from becoming dull and boring.
- If every training session is the same, a person can lose motivation and enthusiasm for training.
- Training for an endurance activity can be particularly boring. This tedium happens less in team sports because you have others to socialize with while training.
- Finding distractions such as music, a different path to run, inside versus outside training can help!
R.I.C.E.

For treatment of a soft tissue or joint injury remember:

**Rest** the body part or joint that has been injured..get off it!

**Ice** the cold temperature will constrict the blood vessels so that the blood will be pushed away from the injury to reduce swelling

**Compression** using a bandage or wrap, prevent the area from swelling by putting pressure on it

**Elevation** let gravity help prevent swelling, elevate the injured body part above the heart
Sprain vs Strain?

**Sprain** – Involves the ligaments in a joint. Ligaments attach bone to bone and are not designed to stretch. Once you stretch a ligament it is impossible to make it tight again, unless you have surgery. There are 3 grades of sprain.

**Strain**- Involves the tendons or muscles. Tendons attach muscle to bone. A strain could also be that muscle fibers were stretched beyond their limit. There are also 3 grades of strain.