

# GCSE Physical Education – Methods 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>i.e.</i> netball specific circuit</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>

## Fitness classes

Body pump – Weight based exercise class

Aerobics – Rhythmical dance movements set to music

Pilates/Yoga – Series of movements completed to core muscle strength & posture

Spinning – A high intensity workout on a stationery bike.



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>

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Term	Definition/notes/concept

Keywords: