

LECTURE #7 NOTES

OBJECTIVES

- Describe principles of training
 - Other systems
- Describe what happens when you train to:
 - Cardiovascular system
 - Body composition
- List factors that includes the training response
- Describe the training sensitive zone
- Describe the overtraining syndrome

FOUR TRAINING PRINCIPLES.

**DESCRIBE WHAT HAPPENS WHEN YOU
TRAIN: ANAEROBIC CHANGES.**

**DESCRIBE WHAT HAPPENS WHEN YOU
TRAIN: AEROBIC CHANGES.**

**FACTORS AFFECTING THE TRAINING
RESPONSE.**

CALCULATE YOUR TRAINING SENSITIVE ZONE.

TRAIN AT A PERCEPTION OF EFFORT.

FITT

HOW LONG FOR IMPROVEMENTS TO APPEAR?

MAINTENANCE.

METHODS OF TRAINING.

OVERTRAINING.