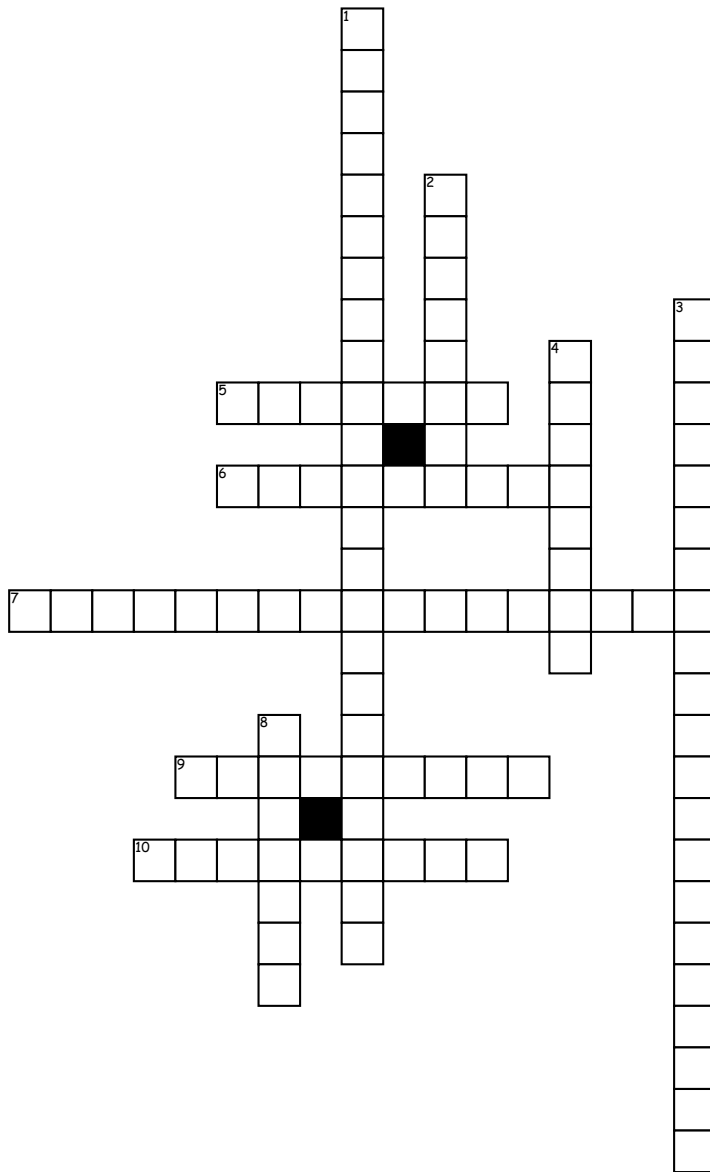


Methods of Training



Across

5. This training involves between 6-10 different exercises with a set time to complete.
6. Plyometric training includes _____ movements.
7. Weight training improves strength and _____.
9. Interval training can be adapted to suit aerobic and _____ sports.
10. There is no build up of the waste product lactate during _____ training.

Down

1. You need good _____ for continuous training.
2. High intensity interval training helps burn _____ in a short space of time.
3. squats, long lunges and burpees can all be part of _____ training.
4. _____ training involves regular bursts of exercise followed by rest periods or lower intensity exercise i.e. walking
8. What method of training is ideal for invasion games?