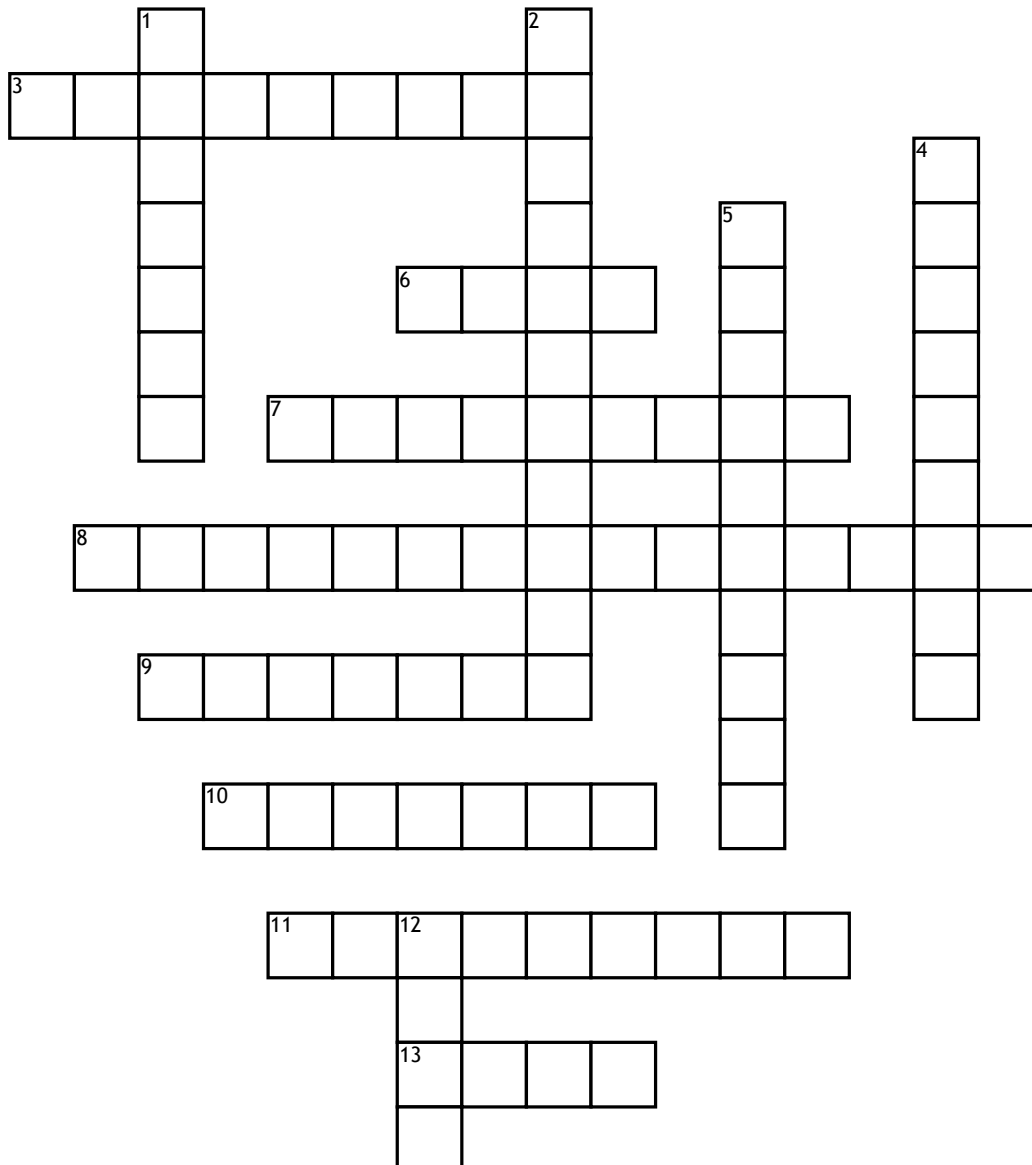


# Principles of training



## Across

3. \_\_\_\_\_ is how many times you train
6. The \_\_\_\_\_ scale is used to measure intensity
7. 85-100 % of you MHR is working in what threshold?
8. \_\_\_\_\_ the sport, the position and personal aims should be taken into account when making an exercise plan.
9. A loss in muscular size and strength is called MUSCULAR \_\_\_\_\_

10. Reversibility happens when an athlete is ill/ \_\_\_\_\_ or if the intensity is not sufficient.

11. When planning a programme it is important to do \_\_\_\_\_ activities.

13. \_\_\_\_\_ is the method of training you carry out (e.g. fartlek, continuous, circuit training)

## Down

1. A marathon runner would work in what threshold?

2. MUSCULAR \_\_\_\_\_ is an example of an adaptation related to weight training.

4. Every sport (and \_\_\_\_\_) has its own specialist needs

5. When planning a exercise programme, \_\_\_\_\_ needs must be taken into account

12. What are the principles of training?