

Name: _____ Date: _____

Training Cycle & Adaptation

1. SOCCSNINTYE _____
2. ANNIIGTR _____
3. TAOIADANTP _____
4. CNIGLIE FEFTEC _____
5. CNTOMPENO _____
6. IEIRNNDTAG _____
7. TENAINMCNAE _____
8. LECCY _____
9. TSISEFN _____
10. ETPMOVMEIR _____

Word Bank

fitness
component
training

cycle
adaptation
maintenance

ceiling effect
improvement

detraining
consistency