

Name: \_\_\_\_\_

# Training Methods

H Q V K F A O F I L R N R X O Y V L E N K G U B  
U Y M X C V A V E Q O E O I V B Y Q X B L B S M  
K C R O N F S V X J G C O M T A J J Y A L Y U P  
F K J J V T J C R D M N W T V B X Z V C G T X T  
I A M S L L S X E V R A K O V Z C R F T F U H V  
U N U H O E U E C G F R P K B A E R E X R V J Q  
M C S Z H J P V M R J U I X S T W J V G H A P O  
L Q C L D S S K Y V K D Y P N H C P O P I M L P  
J F U V F L O M W X N N H I X R F M X X Y H X K  
T B L C O A E D R Q O E L B A M Z I F I U A E K  
Q Z A O D H A K S U U V P X V H A A F S F B D K  
T U R N U O I C I R C U I T X M T Z C F E M T A  
T L S T B W A D D O O N I F W H A Z J Y R N V W  
L Y T I P E Y P X Z R I J C N V C X G N J T P M  
N W R N X R S X U K Y H S R A W E V F N I W X V  
F S E U X E N K F T L C G E G K H S P U I J A Y  
N G N O V R W A R R F A R W Y E V A U H A B J B  
M J G U I L M X A P J O Q T K L E R G E K I B Z  
J X T S D S N K G H B T E B V T U L I I J K D D  
D Z H X D N V R P I R H N R G R S L S G L M L Q  
D P N Q I K G P C U J G S S W A W S D V E I T E  
G U W O C J Z K F I N I A J P F U P I B R B T R  
J B C I B O R E A N A E A S C P O B S K Z L L Y  
I T R E M J G B N Z I W B A L A N C E A X A S Z

Muscular strength

continuous

anaerobic

endurance

interval

agility

aerobic

fartlek

circuit

Balance

weight

speed