

Name: _____ Date: _____ Period: _____

Training Methods

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

rest periods heart rate continuous anaerobic
interval muscles aerobic agility
circuit Fartlek weight speed