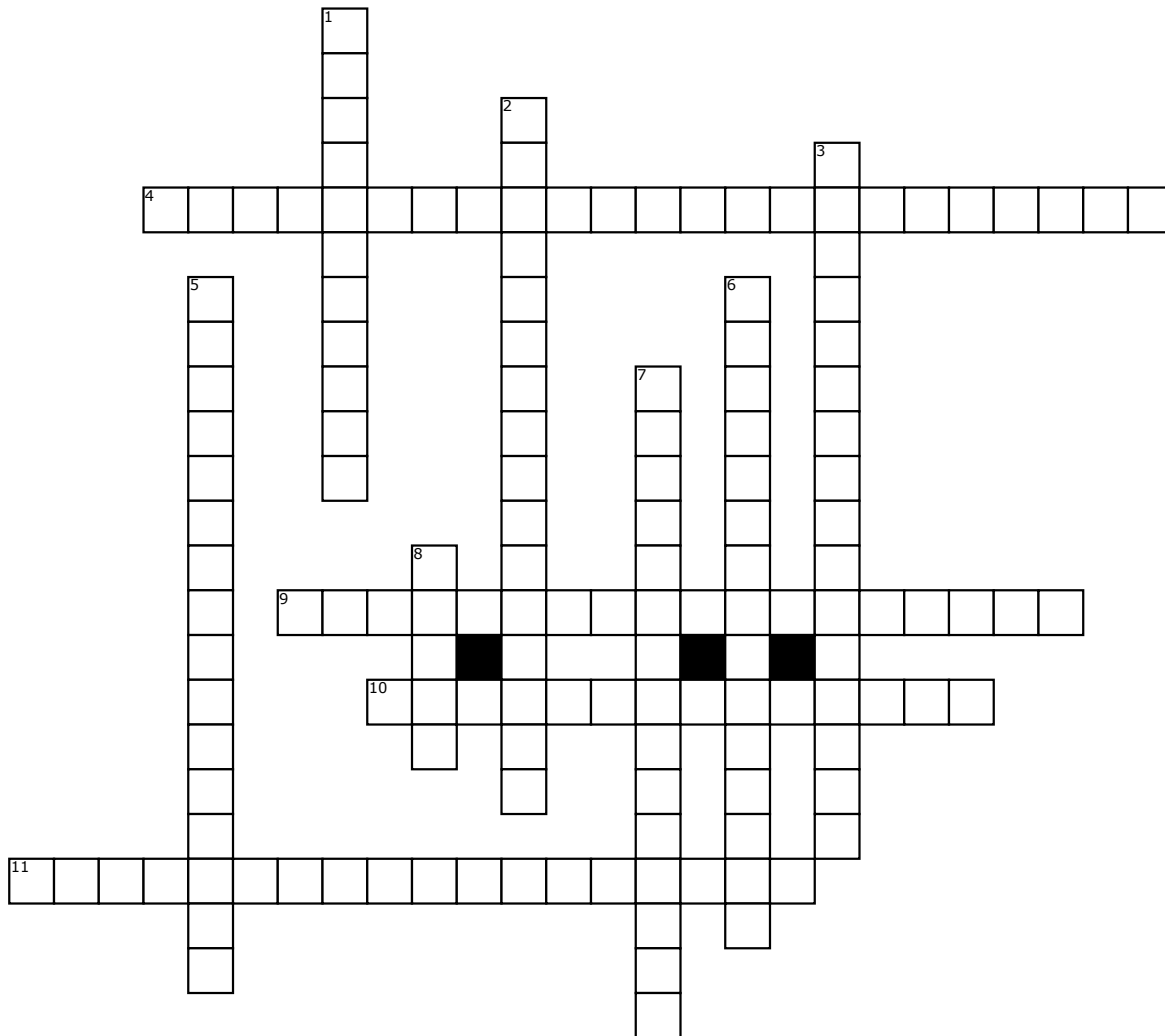


Name: _____

Date: _____

Types of Training



Across

- 4.** Continuous, fartlek and interval training with help improve this
- 9.** Involves high impact exercises, which teach the muscles to perform their maximum contractions faster and become more powerful
- 10.** Involves using resistance machines and/or free weights
- 11.** Involves working for a sustained period of time without rest, e.g. running, swimming, cycling, rowing

Down

- 1.** Static stretching with help improve this over time
- 2.** Weight training will help improve this
- 3.** Involves alternating between periods of work and periods of rest
- 5.** Involves holding a stretch in a still position to increase flexibility
- 6.** Means 'speed play' (Swedish) and involves periods of fast work with periods of slow work
- 7.** Involves a series of stations, which are completed one after another, with a brief rest period in between
- 8.** Plyometric training will help improve this