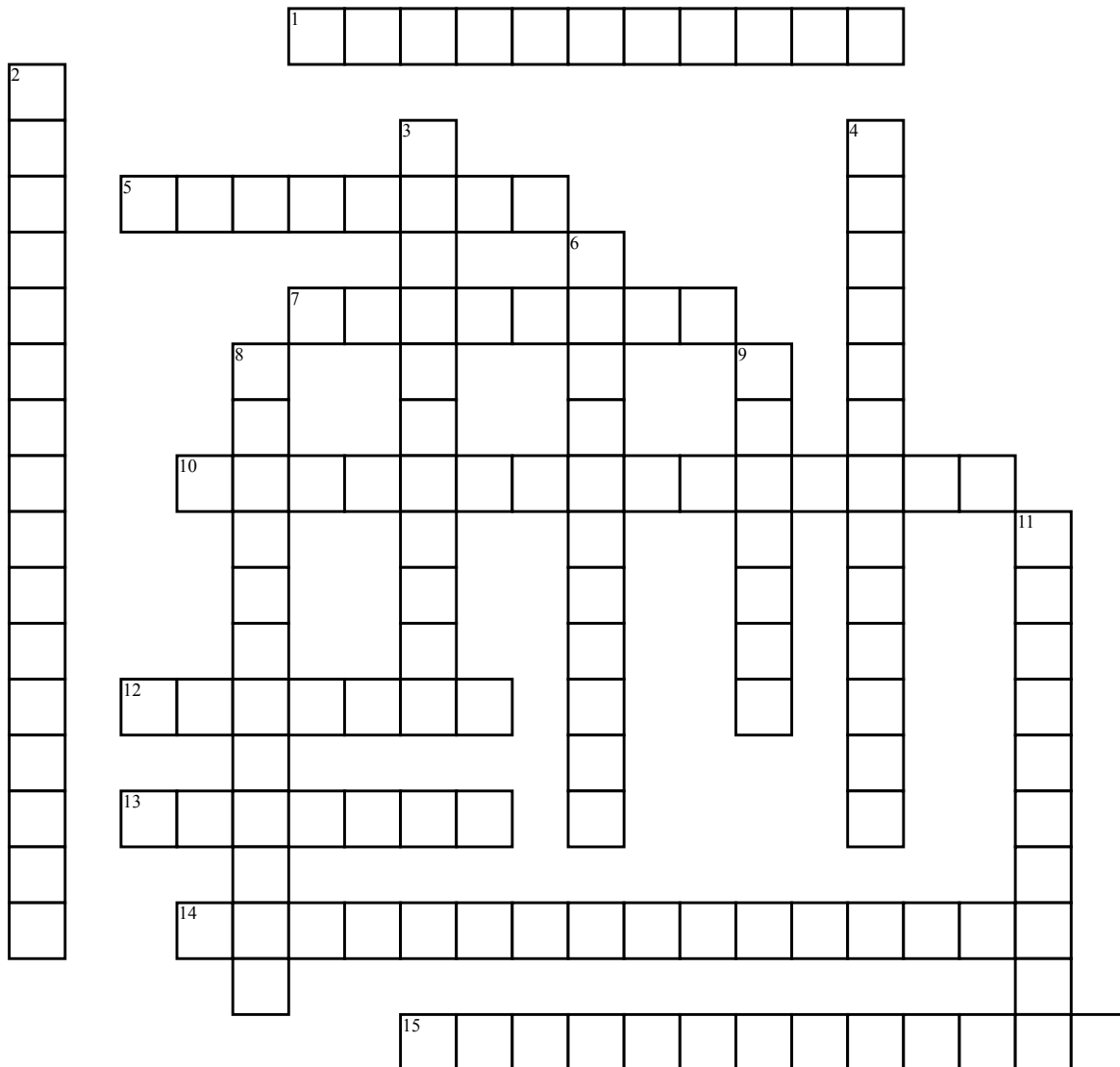


Improving Performance



Across

1. What is an example of anaerobic training?

5. time following physical activity where body temp, circulation and respiratory rates return to pre-exercise state

7.period immediately before competition when volume and intensity of training is reduced

10. A provides opportunity to outline goals and performance objectives

12. is the phase of training in which performance is optimised to meet the demands of a competition

13. What is an example of Flexibility training?

14. An example of a health and safety consideration

15. What is an example of skill training?

Down

2. what is an initial planning consideration?

3. There are 3 phases of competition - pre-season, off-season and...?

4. What is the term used when planning for a training year?

6. There are 2 subphases: macrocycle and

8. Chronic psychological and physiological condition caused by

9. What is an example of Aerobic training?

11. What is an example of strength training?