

Name: _____

Date: _____

Methods of Training

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

Cardio vascular endurance

continous training

static stretching

Circuit Training

weight training

Training zone

plyometrics

Speed play

isometric

Intensity

Interval

stations

Fartlek