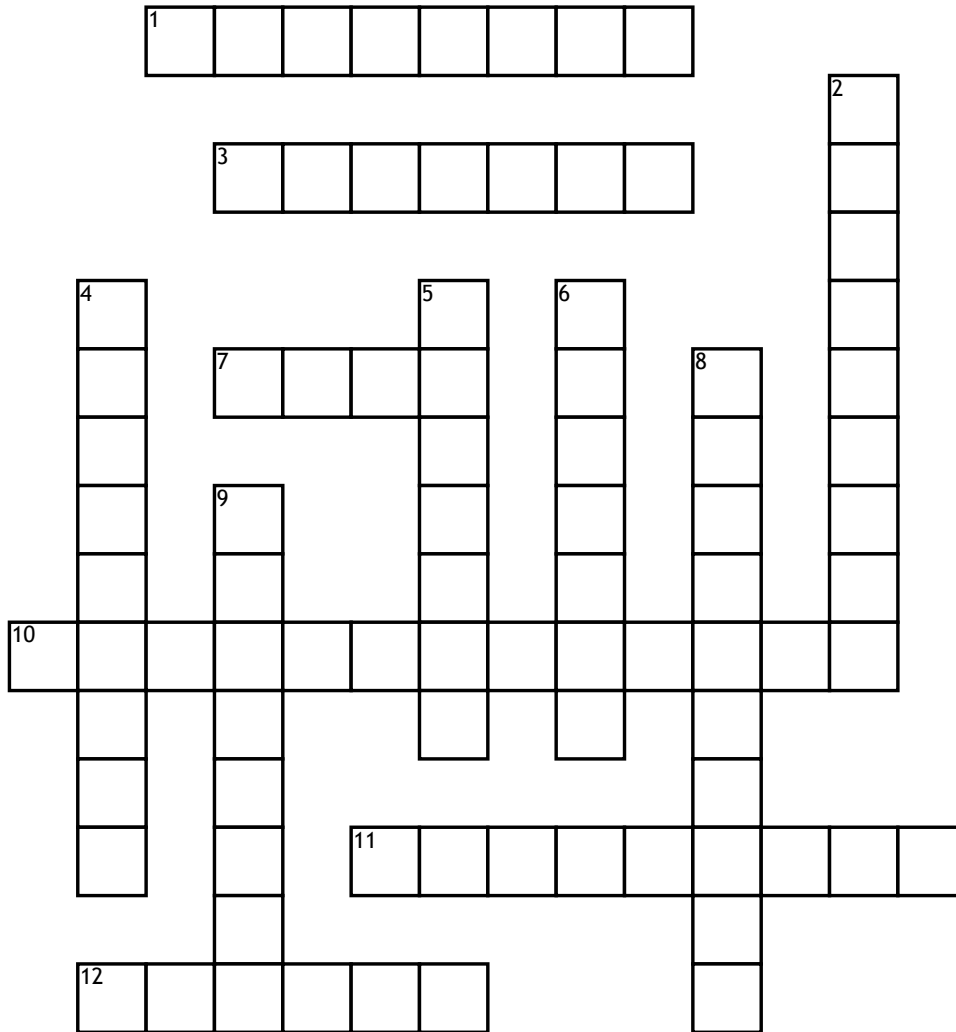


Methods of Training



Across

- 1. This type of training involves alternating periods of work and rest
- 3. Alternatively known as 'speed play'
- 7. How long we train
- 10. Occurs if an individual stops training, is injured or experiences illness

- 11. Energy system used when working without air for short and intense periods of time
- 12. Avoided through training with a partner or varying the exercises we participate in

Down

- 2. How hard we train
- 4. How often we train

- 5. This energy system is in use when taking part in continuous training
- 6. This type of training involves the layout of various exercise stations
- 8. This type of training develops your cardiovascular endurance through long and prologued periods of exercise
- 9. Working harder than usual

Word Bank

- | | | | |
|-----------|----------|----------|---------------|
| Anaerobic | Overload | Time | Continuous |
| Intensity | Tedium | Fartlek | Circuit |
| Frequency | Aerobic | Interval | Reversibility |