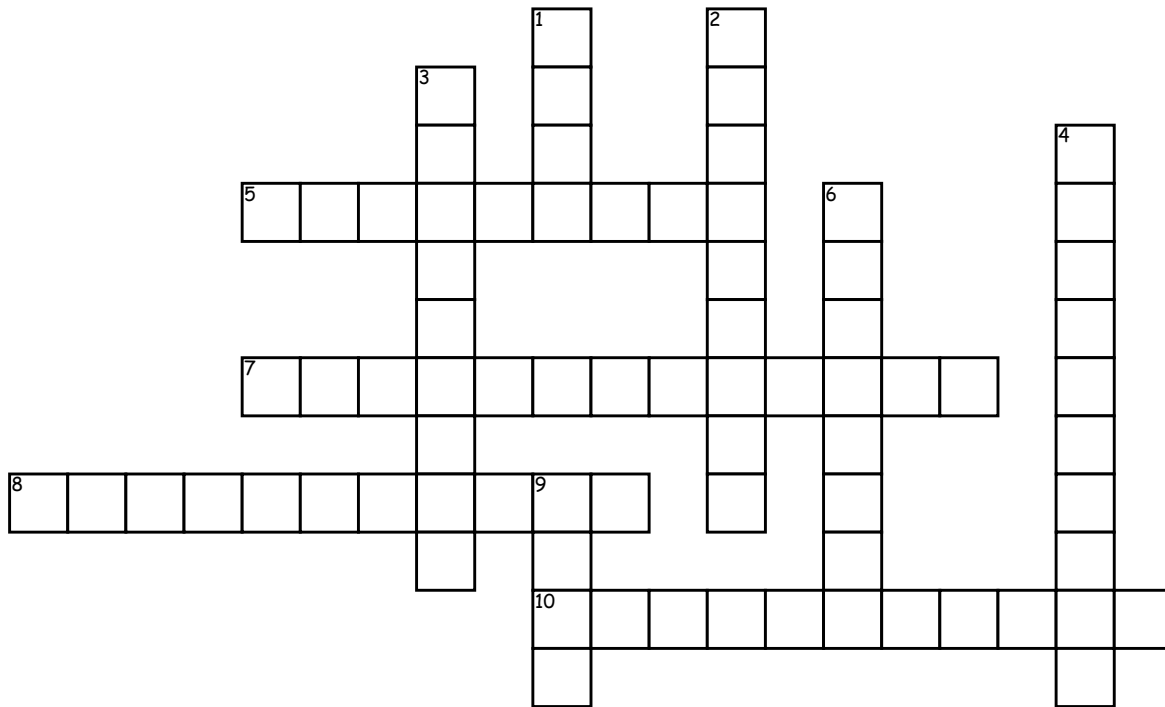


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Principles of training



## Across

5. Sticking to your training plan.
7. If you stop training then the improvements you have made will be lost.
8. Training the energy systems, skills and fitness components which are most important to your sport.
10. You must continually but gradually overload your system by increasing the frequency, intensity, time and type of exercise you do.

## Down

1. How long you train.
2. How hard you train.
3. How often you train.
4. Making sure the activities are appropriate for the age, gender, environment and experience of the person.
6. Doing a mixture of training will keep you motivated and give your body different challenges.
9. The kind of activities you do in your training.