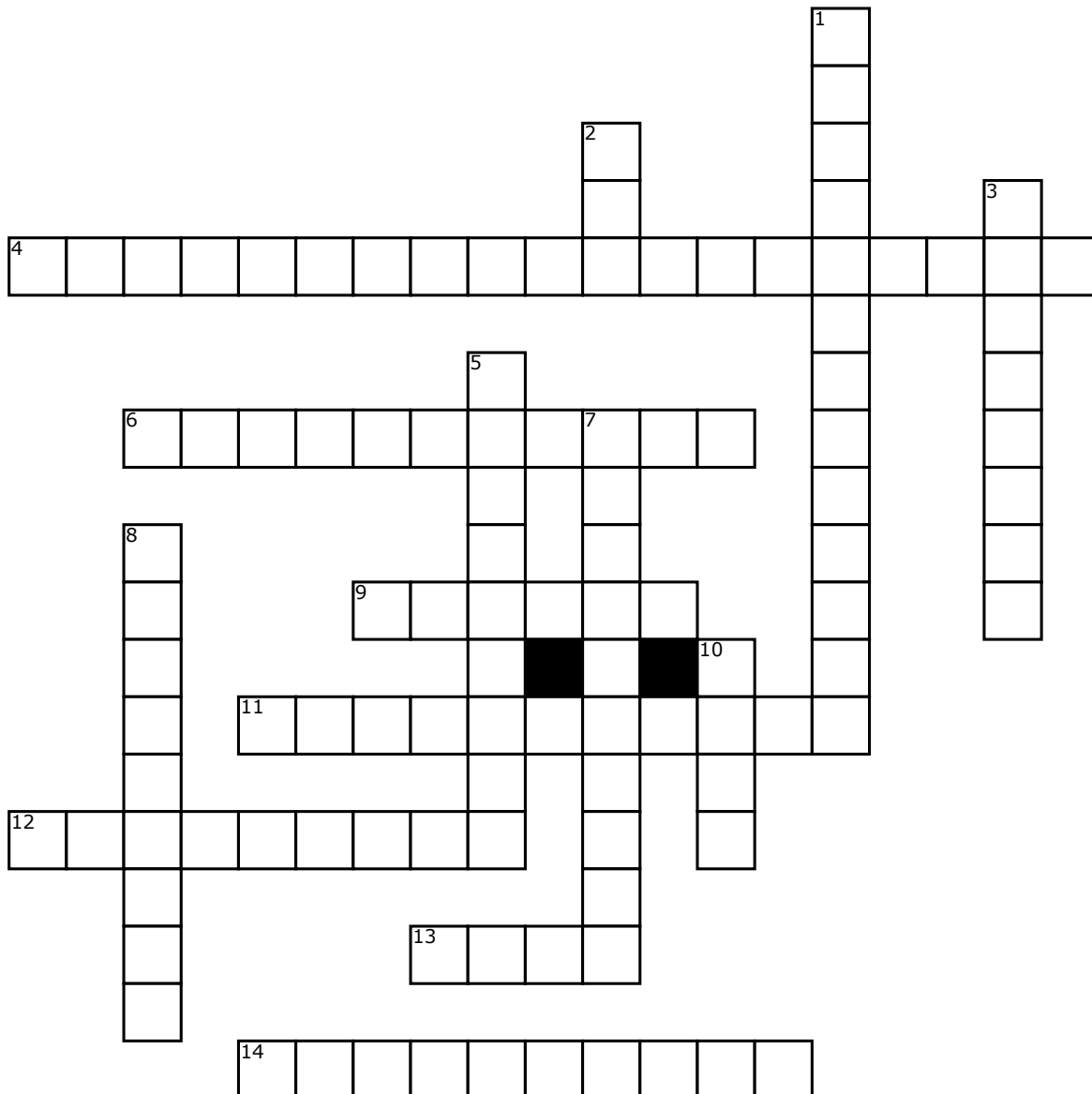


R042 Principles of Training



Across

4. Gradually making training harder as it becomes easier

6. Aspect of 'moderation' which links to equipment, surface, footwear

9. Aspect of 'moderation' which links to being a boy or girl

11. Making training suited to the movements, skills and muscles that are used in an activity

12. How often an athlete trains

13. The form of training being used

14. Taking individual characteristics and circumstances into consideration

Down

1. 'use it or lose it' concept

2. Aspect of 'moderation' which links to how old you are

3. This means 'variety', stops you getting bored

5. How hard training is

7. Aspect of 'moderation' where the difference is link to being a professional or novice

8. How strictly you keep to your training plan

10. How long the session lasts