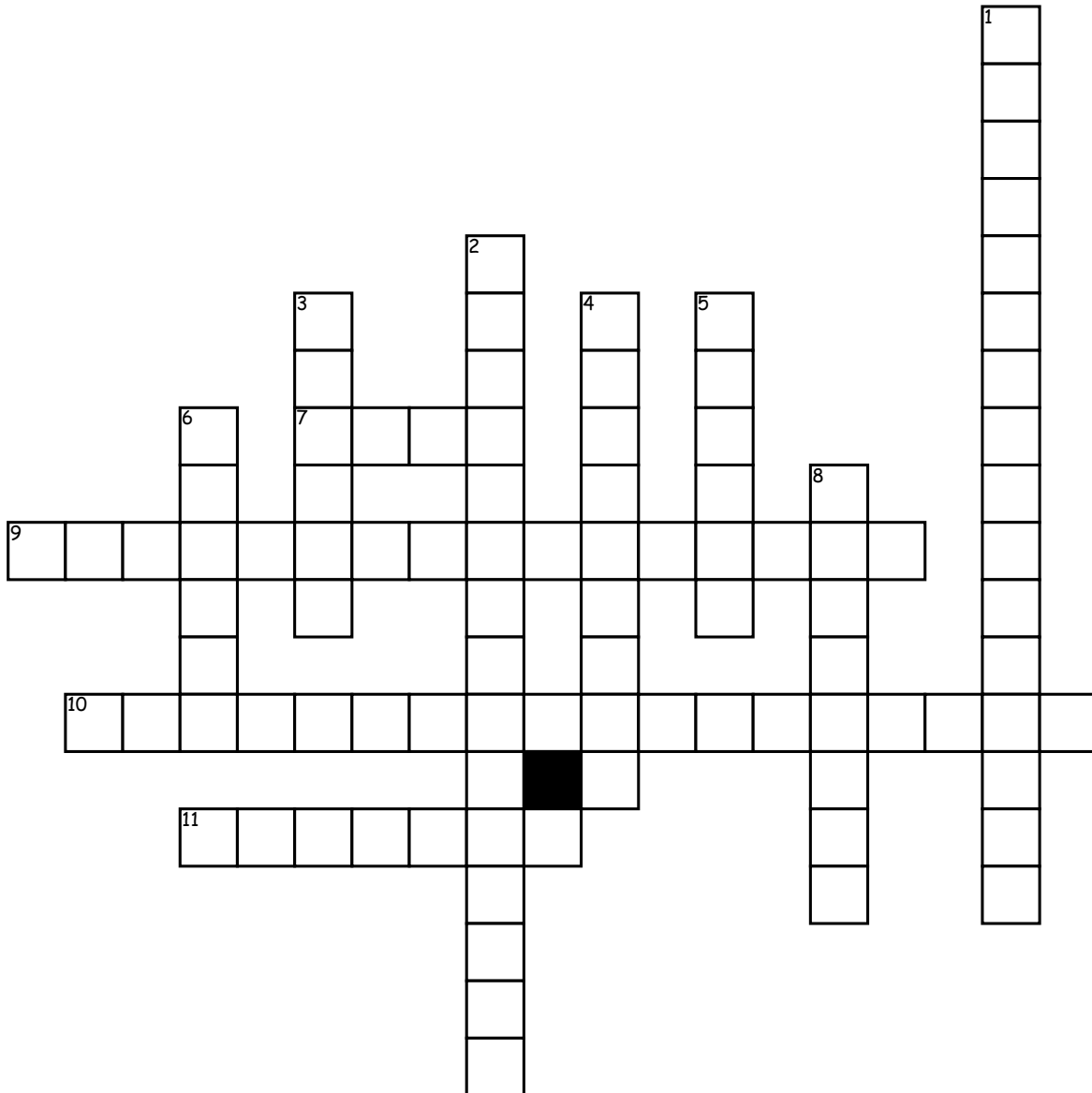


Name: _____

Date: _____

methods of training



Across

7. Interval training can be made increasingly harder by shortening the periods of -----?

9. Continuous training should be done at 60-85% of your -----?

10. A method of raining that uses high intensity exercise involving explosive movements.

11. the POSH word that describes the surface you run on is -----?

Down

1. This method of training involves periods of intense exercise followed by rest / break periods.

2. A M.O.T that uses changes in terrain

3. before doing a Plyometric session you must-----?

4. continuous training is good for long distance runners or individual who compete in ----- events.

5. Plyometric training should not be done by young children as it can result in ---?

6. Continuous training should be done for at least ----- minutes with no rest.

8. During circuit training you complete a set of different exercises which are set out at different -----?