

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

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

# training

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

cardiovascular  
flexibility  
anaerobic  
aerobic  
skill  
atp

reversibility  
heart rate  
overload  
fitness  
power

mitochondria  
intensity  
training  
muscle  
amp

specificity  
endurance  
glucose  
futsal  
adp