

Name _____

Principles of Training

1. In your own words describe the principle of overload.

2. In your own words describe the principle of progression.

3. A grade ten student asks you to design a weight training program to improve his bench press. He has been working out all of grade nine, but is no longer seeing gains. His current program is to do 3 sets of bench press, 10 repetitions at 85 lbs. Design a better program.

4. A grade 11 runner is preparing to run a 10 km race in 2 months. She can currently run 3 km at a modest pace, but needs a plan to be able to run 10 km. If she increases by too much, she will become depressed that she can't finish, but if she doesn't increase she will not be able to run 10km. Design a program.