

What are aerobic and anaerobic training? – write definitions.

Formula for calculating MAX HEART RATE is:

What % of maximal heart rate is Aerobic training?

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Weight Training – to improve maximal strength: use high weight 80% 1 rep max and low reps

To improve power:

To improve muscular endurance:

List 5 factors that should be taken into account to prevent injury by training:

- 1
- 2
- 3
- 4
- 5

What are the limitations with high altitude training?

- 1
- 2
- 3
- 4

Three training seasons:

- 1
- 2
- 3

Paper 1 Physical Training part 2

What are the aims of each training season?

- 1
- 2
- 3

Warm up: 4 parts;

- 1
- 2
- 3
- 4

Why do we warm up? Refer to all four stages and be specific!

What is high altitude training? Definition:

Why do it? Be specific!

What type of athletes benefits most are why?

Cool Down 3 parts

- 1
- 2
- 3

Why do we cool down – mention O₂ / Lactic acid / CO₂ / DOMS / gradual slow down