# Activity sheet 12: Principles of training

*Learning aim A: Training to improve fitness for sport and activity*

*Learning aim A3: The FITT principles and principles of training*

Nina is planning to take part in a 5 km run in 6 weeks’ time. She takes part in aerobic endurance training three times a week.

For each of the selected principles of training below:

* give the definition
* give one example of how the principle could be applied to Nina’s training.
  1. Definition of overtraining

* 1. Example

* 1. Definition of reversibility

* 1. Example

* 1. Definition of training zone

* 1. Example

1. Identify the three other principles of training.