# Activity sheet 11: The FITT principles

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

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

Sarah is 18 years old and takes part in 100 m sprinting. Table 11.1 shows a training plan for Sarah.

Table 11.1

|  |  |
| --- | --- |
| Number of sessions per week | 5 |
| Duration of each session | 60 minutes |
| Warm up activity | Jogging on a treadmill for 10 minutes at 50% maximum heart rate |
| Main session activity | Interval training for 30 minutes at 85% maximum heart rate |
| Cool down activity | Rowing machine for 10 minutes at 50% maximum heart rate |
| Q&A session | Opportunity to discuss training for 10 minutes |

Use the information from Table 11.1 to answer the following questions.

* 1. Identify the frequency of the training sessions in which Sarah takes part.
  2. Identify the activity that Sarah takes part in that is in the anaerobic training zone.
  3. Identify the heart rate at which Sarah should be working during the warm up activity.

Soirez takes part in weight training. Table 11.2 shows a training plan for Soirez.

Table 11.2

|  |  |
| --- | --- |
| Duration of each session | 60 minutes |
| Warm up activity | Cycling on an exercise bike for 10 minutes at 50% maximum heart rate |
| Main session activity | 45 mins upper and lower body, lifting weights 2 sets, 8 reps high load |
| Cool down activity | Jogging on a treadmill for 5 minutes at 80% maximum heart rate |

Use the information from Table 11.2 to answer the following questions.

* 1. Identify how Soirez is measuring the intensity of the main session in his training.
  2. Describe whether the cool down activity is at the right intensity.
  3. Identify one pulse point that Soirez could use to find his heart rate.