

ACRONYM!

S	Specificity
P	Progression
O	Overload
R	Reversibility

Definitions of Principles of training

Specificity	Training should be relevant to the activity or type of sport
Progression	The amount of work you do over the sessions should GRADUALLY get harder
Overload	The body needs to work harder than normal so that there is stress and discomfort
Reversibility	Performance can deteriorate if training stops or decreases in intensity for any length of time

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F	Frequency
I	Intensity
T	Time
T	Type

Applying the principles of training to training programmes

