

**TASK 1: Complete the words for each principle of training and match up to the correct definitions**  
**You can use numbers to do this or matching colours**

F	F I T T	Training beyond your body's ability to recover.
I		How often, how hard, how long your training is and what type of training you do
R		Matching the training to the particular requirements of the activity.
S		Gradually increasing the amount of overload to improve fitness but without injury.
T		Gradually losing fitness instead of progressing and remaining at the current level.
O		Matching the training to the requirements of the individual person.
P		To maximise the chance of fitness adaptations you should training within your target zone