

## Training Methods – Questions

1) State **one** way plyometric training could be incorporated into the training routine of a rugby player? **(1 mark)**

2) What type of flexibility training is this athlete performing? **(1 mark)**

- A  PNF
- B  Ballistic stretching
- C  Active stretching
- D  Passive stretching



3) Explain how plyometric training helps to prepare an athlete for a sport-specific performance of your choice. **(2 marks)**

4) Name 2 stations that could be used in a circuit to improve muscular endurance (2)

5) Explain one advantage and one disadvantage of plyometric training for a hurdler (4)

Advantage = (PEB)Point, Example, Benefit

Disadvantage = Example + non benefit because ...

6) **Padraic is a cross-country runner. His training sessions include interval and fartlek training. Explain why Padraic would use interval and fartlek training sessions to improve his performance. (4)**

### Structure (Help)

Intro – What is interval training + what is Fartlek training

Paragraph 1 – Advantage of Interval + Cross Country example of why it helps in a race

Paragraph 2 – Advantage of Fartlek + Cross Country example of why it helps in a race