

# TRAINING PRINCIPLES

Whether you are getting ready to run a marathon, or are just looking to get started with a regular fitness routine, it is important to understand the training principles that should guide you throughout your program. Following the guidelines listed below will help ensure safety, while at the same time, help you overcome plateaus and reach your fitness goals.

## OVERLOAD

In order to see improvement in your physical condition, it is important to increase the demands you place on your body. Your body will then adapt or adjust to the changes. There are three ways in which you can use the overload principle in your routine.

**Frequency** – Increase the number of days you participate in an activity. However, remember to allow your body time to recover!

**Intensity** - You can change your speed or adjust the amount of weight being lifted to boost your intensity.

**Time** – By increasing the duration of your training session, you can overcome plateaus in your fitness routine.

## PROGRESSION

Progression refers to the gradual increase in activity over a certain period of time. Like the overload principal, you can progress in frequency, intensity, and time.

With the progression principle, it is important not to try to advance too quickly.

Example:

Week 1 – Walk Monday, Wednesday, and Friday for 30 min.

Week 2 – Walk Monday, Wednesday, and Friday for 35 min.

Week 3 – Walk Monday, Wednesday, Friday, and Saturday for 35 min.

Week 4 – Walk Monday, Wednesday, Friday, and Saturday for 40 min.

## SPECIFICITY

In order to see improvements in a specific area, you must participate in activities that will promote those improvements.

For example, if you are interested in participating in a 5K, you must train for it by engaging in a walking/running routine.

**Spot Reduction** – Based on the idea that if you work a specific group of muscles, you can reduce the fat around those muscles. This theory is NOT TRUE.

Example: If you want to reduce your waistline, doing a bunch of sit-ups will NOT help. Sit-ups will help increase the amount of muscle mass, but will not decrease the amount of fat. You MUST do CARDIOVASCULAR exercise to reduce fat mass.