

Training for your Sport Chart– CT022

<p>Description</p>	<ul style="list-style-type: none"> ◆ This chart is full colour, laminated and provides a training procedure which will build the most effective fitness programme for your sport. It clearly identifies the three important stages that should be followed when preparing a training regime and also gives an analyses of the fitness requirements of Athletic events and some 36 different sports. ◆ The chart is split into two sections. SECTION 1 describes how you, as a coach or trainer, should follow a training procedure to facilitate the most effective fitness programme for the sport being played. Three stages are itemised : 1- EVALUATION. 2 - SELECTION. 3 - PLANNING and RECORDING. ◆ SECTION 2 lists the fitness requirements for Athletic Events as well as some 36 different sports and provides information about the need for endurance training, anaerobic training, strength training, power training, speed, agility and flexibility training, and whether or not they should be Core Training or Supplementary Training for that sport / athletic event. This chart links with the "Strength and Power Training" and "Nutrition for Sport" charts and is an essential set of charts to have in an athletics club or sports club.
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<p>Details</p>	<p>1. Dimension: A1 Size</p>
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