

## **Fitness Focus**

### **Training Principles & F.I.T. Formula**

Three training principles of a good exercise program are: overload, progression, and specificity. These are **needed to change any area of fitness**.

**Overload principle** - placing greater than normal demands on the body

**Example:**

Walking 2 miles a day, 3 days a week, for 8 weeks, gives a body a certain level of fitness.

Increasing: distance, time, or intensity (overloading) will change the level of fitness

**Progression principle** - increasing exercise gradually

**Example:**

Walking 2 miles a day, 3 days a week, for 4 weeks

Walking 2.5 miles a day, 3 days a week, for the next 4 weeks

Walking 3 miles a day, 3 days a week, for the next 4 weeks

**Specificity principle** - doing specific activities to build specific areas of fitness (health or skill)

**\*\*Some activities build multiple areas of fitness.\*\***

**Examples:**

1. Walking builds cardiovascular fitness and helps change body composition.\*\*

2. Stretching builds flexibility.

3. Weight training builds muscle strength, muscle endurance (tone), and helps change body composition.\*\*

The **F.I.T. formula** gives you guidelines to follow to build good fitness. These are **needed to maintain or change a health area of fitness**.

**Frequency** = *how often* a person exercises (# of days a week). Three days a week is the minimum needed to maintain or change an area of fitness.

**Intensity** = *how hard* a person exercises.

Cardiovascular intensity is determined by heartrate.

Muscle strength/endurance intensity is determined by the number of sets, repetitions, and resistance (amount of weight) used.

**Time** = *how long* a person exercises. You need to exercise 20-30 minutes per exercise session.

#### LESSON REVIEW

1. Describe the three principles of good exercise program that are needed to change any area of fitness.
2. Give an example of each of the principles.
3. Pick a cardiovascular activity and describe how you would apply the F.I.T. formula by writing a 4 week workout plan.

(over)

4. How does and how would you apply the principles of overload, progression, and specificity to a person who has been jogging 10 minutes a day, 4 days a week, for 4 weeks?

5. Give 3 examples of the specificity principle.