

# METHODS & PRINCIPLES OF TRAINING

Use this wordsearch to help you remember the keywords relating to training and exercise.



- Aerobic
- Anaerobic
- Fartlek
- FITT
- Flexibility
- Lactic Acid
- MHR

- Overload
- Oxygen
- Periodisation
- Plyometrics
- Progression
- Recovery
- Repetitions

- Reversibility
- Sets
- Specificity
- SPORT
- Tedium
- Threshold