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Journal Of Sports Training

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Sport Training - The Sport Journal

Training should be directed at improving the fitness/performance of a sport's distinct key components. Example: While power athletes should train power and endurance athletes should train endurance (e.g. , swimmers should swim), team sports athletes require training with a combination of these two types of fitness, as well as sport-specific movements/skills (3).

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Training-performance relationship. In a British Journal of Sports Medicine blog, Dr John Orchard1 proposed hypothetical relationships between training (both under-training and over-training), injury, fitness and performance. He speculated that both inadequate and excessive training loads would result in increased injuries, reduced fitness and poor team performance (see figure 1).

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Training blocks should switch between high, moderate, and low training intensities so that recovery is allowed between training sessions (2). Periodization uses supercompensation. Which according to Bompa is “a relationship between work and regeneration that leads to superior physical adaptation as well as metabolic and neuropsychological arousal (2, p.14).”

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