**Principles of Training.**

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| --- | --- | --- |
| **Principle of Training** | **Definition** | **How I will use it in the PEP** |
| Specificity |  |  |
| Individual Needs |  |  |
| Rest and Recovery |  |  |
| Progressive Overload |  |  |
| Reversibility |  |  |

**The FITT principle.**

|  |  |  |
| --- | --- | --- |
|  | **How I will implement it in circuit training** | **How I will implement it in ... training** |
| Frequency |  |  |
| Intensity |  |  |
| Time |  |  |
| Type |  |  |