## **Learning Outcomes:** Must: know why training goals vary between individuals (4/5) **Should:** Identify and describe the training principles (5/6) **Could:** Identify the training principles needed for themselves and professionals (6/7) **STARTER:** Describe and explain two long term effects of exercise on the cardiovascular system (4 marks) How to be the NEXT USAIN BOLT What components of fitness does Usain need the most? What principles of training do you think his coach thinks about the most? What makes Usain so successful? What do we need to think about before starting a training programme? Write your answer here:

**Training Principles** 

4/5 5/6 6/7<sub>1</sub>