**Principles of Training**

**Overload Principle**

* Subject to greater stresses in order to change
* Works for physiological, emotional, mental, and psychological factors
* Over time the body will adapt

**Progression Principle**

* To constantly improve, an athlete must slowly increase the load over time
* Be careful that overloads must occur over time in order to increase performance and decrease injury

**The Specificity Principle (S.A.I.D.)**

* Training must be specific to specific outcomes
* Loads must mimic the actual sport in order for muscle adaptations to be maximized

**Principle of Individual Differences**

* Everyone has a different physical and psychological make up
* pre-training fitness level
* requirements of sport
* age/gender
* recovery from workout
* recovery from injury

**Principle of Reversibility**

* “use it or lose it”
* it training stops then the benefits gained will diminish
* Atrophy – muscle undergoes periods of complete inactivity. The training is lost and also mass
* Detraining – when training is removed. Benefits are lost.
* Cardiovascular and muscular endurance decline faster than maximal power or strength performance

**Principle of Diminishing Returns**

* + - * Training gains will reflect prior level of training
      * At some point training effect will be minimal or “plateau”
      * Athlete must decide on ethical or unethical training to push pass plateau