

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Training methods

R E S I S T A N C E T R A I N I N G W G W A X C  
L S G Z D Y P F J Q O T E O L R D X Y E D B M P  
S T A T I C P A S S I V E S Y E E E C O P R X Z  
M S T N I R P S W O L L O H T V U C M S I J W J  
P L Y O M E T R I C T R A I N I N G O I K H B X  
I Q W U F A R T L E K T R A I N I N G V T P Z J  
E F O S W K E L I T F S M B N Q D U Z V E A L B  
Q L V A R I A T I O N F J Q K C I X U Y Z R H D  
E L C S U M G N I N I A R T T I U C R I C R Y S  
I X S P E C I F I C I T Y N O I T A T P A D A G  
N M B G B U R K C O V X Y C N E U Q E R F C P B  
D E C I R C U I T T R A I N I N G A E R O B I C  
I L Q Z A N A E R O B I C I N T E R V A L F E S  
V U Y E T S E T P E T S Y R T S E R O F A M L N  
I U F W T D A O L R E V O E V I S S E R G O R P  
D U R E V E R S I B I L I T Y I B H I S N P S T  
U F U S T O G N I N N U R S U O U N I T N O C H  
A R S T N I R P S N O I T A R E L E C C A N C U  
L L T D F J H S N T H M D G G X E Q K H W I P A  
N L U Y T I S N E T N I S J I C I T G E T T O P  
E G N I H C T E R T S C I T S I L L A B B D Q Q  
E G N I N I A R T L A V R E T N I C I B O R E A  
D L U D A M I B G L E V I T C A C I T A T S R E  
E C H R E P Y T E S J G N I H C T E R T S F N P

Aerobic Interval training  
Progressive overload  
Plyometric training  
Individual need  
Hollow sprints  
Variation  
Recovery  
Time

Circuit training Aerobic  
Acceleration sprints  
Forestry step test  
PNF stretching  
Static active  
Adaptation  
Rest

Circuit training muscle  
Resistance training  
Continuous running  
Static passive  
Specificity  
Intensity  
MSFT

Ballistic stretching  
Anaerobic interval  
Fartlek training  
Reversibility  
Borg scale  
Frequency  
Type