

Training methods for aerobic endurance

Do It Now

**Activity: Complete the sentences:
Aerobic endurance is**

A Marathon runner needs aerobic endurance because



Stretch it:

What aerobic training method would a marathon need to complete and why?

Key Words:
Aerobic endurance
Continuous
interval

Complete in **Silence** Please

Training methods for aerobic endurance

Do It Now Answers



Activity: Complete the sentences:

Aerobic endurance is **the ability of the heart, lungs and blood vessels to get oxygen to working muscles.**

*A Marathon runner needs aerobic endurance because **it will enable them to run long distances without feeling fatigued.***

Stretch it:

What aerobic training method would a marathon need to complete and why?

They should complete continuous training of running without stopping (1) This will improve their aerobic endurance for their race (1) and this training best replicates their race so it is the best form of training for them to do (1). Therefore they will have more chance of winning. (1)

Training methods to improve aerobic endurance

Continuous Training

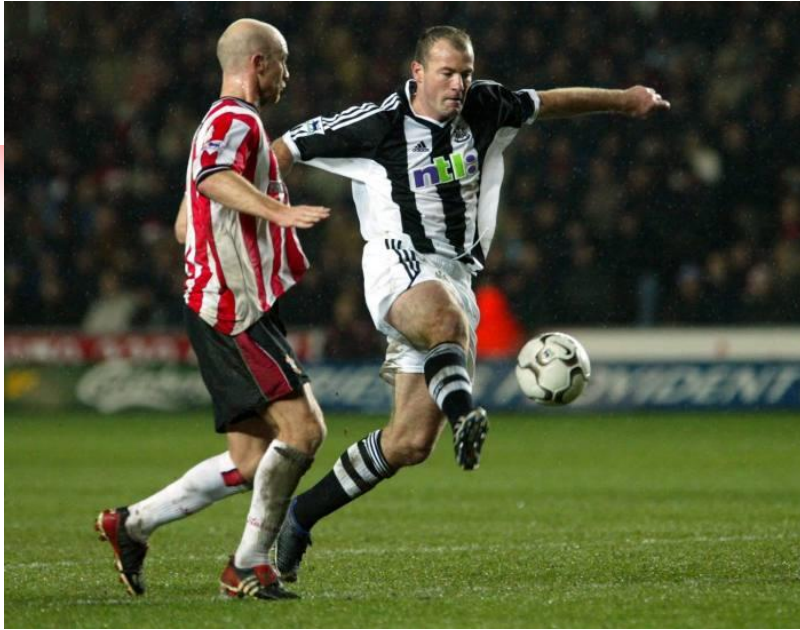
Is doing the same exercise without rest that lasts for **30 minutes or longer.**

It involves **working at a steady pace** so the **intensity is moderate.** This means you **do not go too fast.**

Exercises you can do continuously include running, swimming, cycling, rowing, dance, aerobics, circuit training.

Swimmers, cyclists, games players e.g. footballers, rugby players, netballers etc and distance runners will all use continuous training.

APPLY IT



Games players will do continuous training because by going running it will improve their aerobic endurance so they can last their games without getting tired.

An advantage is that it replicates their sport because they have to run in the game. Another advantage is that you don't need any expensive equipment because you could just go running outside. Also a team could all do this training at the same time for example running around the football pitch. Finally, you could vary it by running on a treadmill or changing the scenery when you go out running.

LI: To know different training methods to improve aerobic endurance

Complete GREEN and BLUE
or
BLUE and PINK

KNOW IT - State and describe:

What is continuous training?

Out of a 800m athlete or a 100m sprinter which would benefit more from continuous training?

GRASP IT – explain

Ellie is along distance runner. She wants to improve her aerobic endurance. **Explain** a training method Ellie would do. (4)

Key word -

Explain – to fully give details about
State what it is, why it is useful to the athlete

THINK IT - Understanding (target 5/6):

Evaluate why a Rugby player would use continuous training as part of their training regime in order to improve their aerobic endurance. (4)

Key word –

evaluate – to explain why they use it and to also give strengths or weaknesses

LI: To know different training methods to improve aerobic endurance

KNOW IT - State and describe:

What is continuous training? **Continuous training is training for a minimum of 30 minutes. It can include running, swimming, cycling or rowing.**

Out of a 800m athlete or a 100m sprinter which would benefit more from continuous training?

GRASP IT – explain

Ellie is along distance runner. She wants to improve her aerobic endurance.

Explain a **training method** Ellie would do. (4)

Ellie would use continuous training. (1mark)

This is because they will train for a long period of time of over 30 minutes but at a moderate intensity (1 mark) which will help them to improve their aerobic and muscular endurance (1mark). Therefore they will improve their performance for their race by lasting without getting fatigued. (1mark).

LI: To know different training methods to improve aerobic endurance

THINK IT - Understanding (target 5/6):

Evaluate why a Rugby player would use continuous training as part of their training regime in order to improve their aerobic endurance.
(4)

Continuous training is good for the rugby player because the running replicates what he does in his game (1) therefore improving his ability to run in the game without getting tired (1) He can also do it on his own or as part of his team (1) He could vary his training by running on a treadmill or outside (1) or could go for a swim or cycle instead so he doesn't get bored (1)



Secure: To know the different types of training



Interval training

- Interval training is a form of training in which periods of work are followed with periods of rest to allow the performer to recover.
- Rest periods can consist of sitting, standing, walking or for some jogging.
- This training is good for Sprinters, cyclists and swimmers although can be adapted to suit many other sports and games.
- To develop aerobic endurance further you need to decrease the rest periods and increase the intensity of the exercise.

3 Examples of interval training sessions.



- 3 x 6 x 200 metres

(3 set)(6 repetitions) (distance covered)

- Work : Rest

1min on a station completing burpees : 1/2min rest

Amount of time working compared with recovery period. In this example the recovery is half as long as the time spent working.

- Running for 5 minutes and walking for 5 minutes.

Do it now!

Complete **GREEN** and **BLUE**
or
BLUE and **PINK**

KNOW IT -

Abbie runs for 4 minutes, walks for 2 minutes and rests for a minute. She repeats this 3 times. What training method is this? (1)



GRASP IT – explain (answer this exam question)

James is a footballer and does continuous training to improve his aerobic endurance. Explain what other method of training James could do. (4)

THINK IT - Understanding (target distinction):

Sarah does swimming for her local team. She is competing in a relay next month. Evaluate why she might do interval training? (4)



Do it now!

Complete GREEN and BLUE
or
BLUE and PINK

KNOW IT -

Abbie runs for 4 minutes, walks for 2 minutes and rests for a minute. She repeats this 3 times. What training method is this? (1)

Interval training



GRASP IT – explain (answer this exam question)

James is a footballer and does continuous training to improve his aerobic endurance. Explain what other method of training James could do. (4)

James could do interval training (1 mark). This is where they would train at high intensity followed by periods of rest (1 mark), for example sprint for 20 seconds, rest and repeat 3 times. (1 mark). This will improve their cardiovascular endurance and speed so they will play better in the game by beating their opponents to the ball and taking players on (1mark)

Do it now!



THINK IT - Understanding (target distinction):

Sarah does swimming for her local team. She is competing in a relay next month. Evaluate why she might do interval training? (4)

Sarah could do interval training because it involves higher intensity work followed by rest (1) which replicates her sport swimming and during the relay where she will rest when her team member swims (1)
She could also do this training in a pool by swimming fast for 100 metres and then resting for a minute before repeating (1) This would improve her aerobic endurance so that she can swim longer and faster without fatiguing (1).



Challenge: 8 mark question

Challenge question – explain (answer this exam question)

Janice is 16 and a hockey player who decides to take part in the multi stage fitness test. Her results are level 6 which is average for her age. Janice decides to take up fitness training in order to try and improve her results in 6 weeks time. Explain and justify two training methods that Janice should do in order . (8)



Challenge answer



GRASP IT – explain (answer this exam question)

Janice could complete Continuous training (1). This is training for a minimum of 30 minutes continuously without rest (1) She could do this by running, cycling or swimming (1). Running for be best for Janice as this replicates what she does in her sport hockey. (1) She could vary her training by running on a treadmill or outside (1) and she could complete it on her own or in a team (1) or she could listen to music so that she doesn't become bored (1)

Janice could also complete Interval training (1) which is a period of work followed by a period of rest (1). Her period of work should be a moderate intensity in order to improve her aerobic endurance (1) During her rest she can either walk or stand still (1) This training method is good because this replicates what she will do in the game, e.g. run around the pitch but then stop when she can. (1)