

Have you ever seen any top teams doing circuit training?



- Barça Handball team often do circuits!

Can you guess what aspects of fitness they work on?



4'S

Stamina
Suppleness
Speed
Strength

Principles of Training



► Specificity

Every person needs	the same a different	training program
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► Progression

Increase the amount of training when your body	has adapted hasn't adapted	to the previous one
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► Overload

You've got to make your body	work harder work lighter	than it normally would
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► Reversibility

Your level of fitness will	quickly slowly	go down if you stop training
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Try to answer.....



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