**Application of the Training Principles –Chapter 3**

**100 Points Possible (50 points per scenario)**

**Scenario #1:**

**You currently can jog for 1 mile without stopping at a 10 minute per mile pace. Your goal is to jog for 4 miles at a 10 minute per mile pace by the end of 3 months.**

1. Using the Overload Principle (FITT), which **one** would you increase each month over the next 3 months – Frequency, Intensity, Time, **or** Type? (you only want to increase one at a time to avoid overtraining)

1. Explain how you would Overload each month, be specific – “Principle of Progression”
2. Explain if you got injured or the weather was bad, what would you still do to train your cardiorespiratory system? (applying “Principle of Specificity”)

**Scenario #2:**

**You currently can jog 4 miles but are entering a 5K race (3.1 miles) and would like to win.**

1. Using the Overload Principle (FITT), which **one** would you increase each month over the next 3 months – Frequency, Intensity, Time **or** Type? (you only want to increase one at a time to avoid overtraining)
2. Explain how you would increase each month – “Principle of Progression”
3. Explain if you got injured or the weather was bad, what would you still do to train your cardiorespiratory system? (applying “Principle of Specificity”)