

POWER STANDARD 2: I Can Train Myself and Others**APPLYING THE SPORT PRINCIPLES**

Name: _____

Explain to Fernando how to apply the SPORT principles of training so that he can become a better runner. He wants to be able to run a 6-minute mile (1.6 km). His current time is 8:30, and he runs once a week.

Specificity:

Progression:

Overload:

Reversibility:

Tedium:

Please explain how we have applied the SPORT training principles in our yoga class.

S:

P:

O:

R:

T: