



Introduction to Sport, Fitness & Management

Sport: Training and nutrition

Commentary

Variety is another important ingredient in training; the athlete's mind or body has to be continually challenged and different aspects of fitness need to be addressed. Interval training is commonly used to achieve this.

Gary Anderson

Well interval training will allow the athlete to make the stepping stone onto getting the times they require, we break down the components of a race into small manageable parts and so before an athlete can run sub 11 seconds for 100m they need to be able to run 20m at that speed, then 30m at that speed and we break that down into manageable parts and then hopefully we put the whole jigsaw together so the athlete can then perform the whole race.

Commentary

Interval training can be adapted to meet the needs of the athlete and their sport. The intervals of activity can be short or long as can the recovery periods. Activity of short duration tends to work the anaerobic systems, whilst activity of long duration tends to work the aerobic system.

Jordan Warner

The rowing tends to be shorter reps, 100 metres as fast as possible, then have a pause, when I get up and just walk around and take my time to get back again.

The idea is to keep everything the same, no dip in performance, just keep everything very fast and very strong. If you can keep rowing consistently you can try and bring that onto the track and make the runs you do consistent as well.

On screen text: Jordan Warner Sprinter

Commentary

Power is an important component of many sports so it's important that athletes do power training: A training method commonly used to develop power is plyometrics or explosive jump training.

Gary Anderson

We like to use a lot of plyometrics work because plyometrics tends to be the fastest way of developing the power.

When you look at any top athlete they are very explosive, a sprinter is very explosive, out the blocks, every stride they take is very explosive. If you look at a top judo athlete every single move they make is explosive as well as having the power there it's a very explosive movement and it's usually the most explosive athlete who wins.

Emma Hayes

It's vitally important for us to develop our core strength so pliometrics is very much important to us. We do a lot of our pliometrics training in the early phases during our pre-season periods. When we do a lot of that we'll involve body weight stuff as well.

Commentary

For athletes to perform optimally they need to develop healthy eating habits.

Jayne Ludlow

Nutrition is a big part of what we do as well, you know, it obviously affects our performance come a Sunday when we play our league games so we do have to watch what we drink and eat.

Emma Hayes

Just maintain sort of a healthy balanced diet as opposed to being over the top with it because I think there's extremities with that too with girls especially in girl's sports, because they become so obsessive with their bodies sometimes we can feed them with so much regarding their nutrition that they don't take care of themselves because they're very body conscious.

Commentary

A balanced diet consists of approximately 55-60 % carbohydrates, 25- 30% fat and 15% protein.

Colleen Kerr

I feel that you do have to watch what you eat because in judo you have to keep your weight, there's different weight categories which you have to keep and before a competition you tend to change your diet because you need the right sort of energy boosts for during the fights.

Gareth Haines

At the moment I'm on quite a high protein eating diet because I want to gain muscle for my strength in the kata, but I was just told to stay away from fats, a lot of fats, but yeah it's quite hard because it's high protein, not much carbs and very, very low fats.

Commentary

Fluid intake is important for athletes because of the amount of fluid loss their bodies experience during exercise. Water loss of only one to two percent of body weight can cause lack of concentration and reduce performance. A loss of four per cent of body weight can lead to a twenty to thirty percent decrease in physical capacity.

Emma Hayes

It's important to really state the importance of hydrating and maintaining your hydration levels not just prior to your exercise but the days before and making sure you've got good levels in your body. The minute you know you're dehydrated or that your pee's changing to another colour means that it's way too late so don't let it get to that.

Commentary

Thirst is not a good indicator of dehydration so it's suggested that athletes monitor the amount of urine they excrete as well as its colour. Generally the darker it is and the less you urinate the more dehydrated you are.

Gary Anderson

It's important for us to keep hydrated and replenish ourselves because through sweat we lose electrolytes and iron from the body and it's vital that we replenish them, water doesn't always replenish it so therefore certain energy drinks, certain isotonic drinks could help replenish the electrolyte level and keep it at the maximum for the athlete.

Commentary

Performing at an elite level takes time, effort and requires consistency in training. It's essential that youth athletes who want to go to the next level take this on board.

Emma Hayes

You can have the best coaches in the world and the best players around you but it's about your own levels of motivation that will get you to where you want to go and the work and effort you put in on your own will be the real deciding factor and how far you go with your career.

Gareth Haines

To do what I want to do I need to be training every single day, not obviously doing weight training every single day but doing some sort of training every single day whether it's going out for a run 45 minutes, an hour, or doing basics in a karate session.

Gary Anderson

If the commitment isn't there and the athlete doesn't commit to a training programme then we might as well save our time and go and look elsewhere, it's actually vital that the athlete has the commitment so the coaches and the support staff that work on the programme.

Gareth Haines

I want to be the best and that's the only way I see being the best is putting the work in.