

# Principles of Training

**This leaflet offers more information about exercise training principles. When exercising there are different principles that will allow for effective and productive training that will yield results. If you have any further questions or concerns, please speak to the staff member in charge of your care.**

## Regularity

In order to see any benefit from exercising you would need to engage in regular exercise. Ideally exercise would be done three to five times a week. If regular exercise is not maintained there will be a reduction in the progress made.

## Balance

In order to be a physically well rounded individual training different areas are essential. Areas of fitness covering cardiovascular endurance, strength, muscular endurance, body composition and flexibility as well as others must have time devoted to them. Your therapist may also ask you to work on other areas such as proprioception and plyometrics.



## Specificity

Training should be geared towards your needs and individual goals. If your goal is planning to run a marathon, then it would not serve you well to concentrate on upper body strength. Your time would be better spent working on cardiovascular endurance and the different ways that can be achieved.

## Variety

It is good to incorporate different activities and exercises into workouts. This not only helps to maintain engagement in physical activity and exercise but also does not allow the body to get used to the same routine. In some specific instances and injuries, a muscle or tendon can be worked too much in a specific way and counter-balancing this with alternative exercise may be beneficial. Variety is key.

## Progression



After a few weeks of training and using the same exercises and weights you will naturally plateau. A plateau occurs when the body has adapted to the demands that are placed on it. For there to be continued progression in fitness, strength and muscular endurance there needs to be an increase in the amount of work being done. This can be done by increasing

the intensity or length of sessions for cardiovascular exercises and increasing set, reps or weight for muscular endurance and strength.

## Overload

This principle dictates that in order for there to be any progression, workout sessions should exceed the normal demands that are put on the body from day to day activities. Overload is needed in order to see any adaptation in strength, muscle size and cardiovascular fitness.

## Recovery

Following a good workout the body and muscles will be sore and fatigued. In order to continue exercising at the same level period over time and not suffer from over training or injuries there needs to be a rest period. A rest period can be a lighter day of working out or just a day break. This rest period allows muscles to repair, grow and strengthen.



## Contact us

If you have any questions or concerns about principles of training, please contact the physiotherapy outpatient team on 020 8725 1357 (Monday to Friday, 8.30am to 4.30pm).

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

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## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

## AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



**Reference:** THE\_POT\_01 **Published:** October 2020 **Review date:** October 2022