9 Mark Question

Eric is a 100m sprinter. He trains regularly using Fartlek training, Plyometrics and sprint interval training.

Evaluate the likely effects of these training methods on Eric’s fitness for sprinting and his sprinting performance.

* Start with factual statement about the different training methods.

For example, Interval training involves periods of high intensity followed by rest periods.

* Apply the benefits of the training methods to performance in sprinting.

Power from Plyometrics will help drive off the blocks

* Judge the value of each method of training

Is Fartlek effective for 100m?

* What vital component is missing and not being improved?

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