

# Candidate Worksheet 3.3

## *Training specific fitness components*

Research how the following fitness components can be trained and complete the worksheet below.

### Speed

<b>Definition:</b>
<b>How can speed be improved?</b>
<b>What training methods could be used to improve speed?</b>
<b>Example of a training session to improve speed:</b>

### Cardiovascular endurance (CV endurance)

<b>Definition:</b>
<b>How can CV endurance be improved?</b>
<b>What training methods could be used to improve CV endurance?</b>
<b>Example of a training session to improve CV endurance:</b>

continued on following page

## Candidate Worksheet 3.3 continued

*Training specific fitness components*

### Flexibility

<b>Definition:</b>
<b>How can flexibility be improved?</b>
<b>What training methods could be used to improve flexibility?</b>
<b>Example of a training session to improve flexibility:</b>

### Strength

<b>Definition:</b>
<b>How can strength be improved?</b>
<b>What training methods could be used to improve strength?</b>
<b>Example of a training session to improve strength:</b>