Circuit Training (Muscular Endurance)

Circuit training is an excellent way to improve [mobility](http://www.brianmac.co.uk/mobility.htm), [strength](http://www.brianmac.co.uk/strength.htm) and [stamina](http://www.brianmac.co.uk/enduranc.htm). The circuit training comprises of 6 to 10 strength exercises that are completed one exercise after another. Each exercise is performed for a specified number of repetitions or for a set time before moving on to the next exercise. The exercises within each circuit are separated by a short rest period, and each circuit is separated by a longer rest period. The total number of circuits performed during a training session may vary from two to six depending on your training level (beginner, intermediate, or advanced), your period of training (preparation or competition) and your training objective.

Resistance Machines (Muscular strength)

uses a resistance to the force of muscular contraction (better termed [strength training](http://en.wikipedia.org/wiki/Strength_training)), and elastic or hydraulic resistance, which refers to a *specific type* of strength training that uses elastic or hydraulic tension to provide this resistance. This article discusses the more limited definition, of *elastic/hydraulic* resistance training

Hill Sprint Training (Speed)

Hill running has a strengthening effect as well as boosting your athlete's [power](http://www.brianmac.co.uk/power.htm) and is ideal for those athletes who depend on high running speeds - football, rugby, basketball, cricket players and even runners. To reduce the possibility of [injury](http://www.brianmac.co.uk/injury.htm) hill training should be conducted once the athlete has a good solid base of [strength](http://www.brianmac.co.uk/strength.htm) and [endurance](http://www.brianmac.co.uk/enduranc.htm).

Hollow Sprints (Speed)

**Two sprints at a time with a**

**period of jogging or walking**

**between the sprints**

**(Hollow Period)**

Interval Training (Aerobic Endurance)

**Interval training** is a type of physical [training](http://en.wikipedia.org/wiki/Training) that involves bursts of high intensity work. This high intensity work is alternated with periods of rest or low activity, the eponymous *intervals*.

Continuous (Aerobic Endurance)

**Continuous training** is a type of [sports training](http://en.wikipedia.org/wiki/Sports_training) that involves activity without [rest](http://en.wikipedia.org/wiki/Interval_training) This type of training may be of high intensity, of moderate intensity with an extended duration

Plyometric Training (Power)

The main focus of plyometrics training is to shorten the time between stretching and contracting muscles. The exercises required take the form of explosive work outs such as jumps hops and bounds which in turn cultivate explosive bursts of speed and power.

Static (Flexibility)

Static stretching ([isometric contractions](http://www.brianmac.co.uk/mustrain.htm)) involves gradually easing into the stretch position and holding the position. The amount of time a static stretch is held depends on your objectives. If it is part of your [cool down](http://www.brianmac.co.uk/warmup.htm) then stretches should be held for 10 seconds, if it is to improve your range of mobility then hold the stretch for 30 seconds. Often in static stretching, you are advised to move further into the stretch position as the stretch sensation subsides.

Ballistic (Flexibility)

Ballistic stretching uses the momentum of a moving body or a limb in an attempt to force it beyond its normal range of motion.

Dynamic (Flexibility)

Dynamic stretching ([isotonic or isokinetic contractions](http://www.brianmac.co.uk/mustrain.htm)) consists of controlled leg and arm swings that take you gently to the limits of your range of motion.

Passive (Flexibility)

Passive stretching is also referred to as relaxed stretching, and as static-passive stretching. A passive stretch is one where you assume a position and hold it with some other part of your body, or with the assistance of a partner or some other apparatus.

Fartlek (Aerobic Endurance)

**Fartlek**, which means "speed play" in [Swedish](http://en.wikipedia.org/wiki/Swedish_language),[[1]](http://en.wikipedia.org/wiki/Fartlek#cite_note-0) is a form of conditioning which puts stress on the whole [aerobic](http://en.wikipedia.org/wiki/Aerobic_exercise) energy system due to the continuous nature of the exercise. The difference between this type of training and continuous training is that the [intensity](http://en.wikipedia.org/wiki/Exercise_intensity) or speed of the exercise varies, meaning that aerobic and [anaerobic](http://en.wikipedia.org/wiki/Anaerobic_exercise) systems can be put under stress. Most fartlek sessions last a minimum of 45 minutes and can vary from aerobic walking to anaerobic sprinting. Fartlek training is generally associated with running, but can include almost any kind of exercise