

FITT Principle

The FITT Principle is a great method for monitoring your workout. The acronym FITT outlines the key components of an effective exercise program.

Frequency – Number of times per week you engage in physical activity or exercise

Factors to consider: cardiovascular conditioning and your current fitness level

A typical number to target is 3-5 times per week.

Intensity – How hard you work during physical activity or exercise

One way to determine intensity is Target Heart Rate (THR) monitoring.

Target Heart Rate: The number of times your heart beats per minute. For maximum benefit, your THR should be between 60%-90% of your maximum heart rate.

Time – The length of time, or duration, that you work in minutes or hours

A workout that is too brief may result in limited progress. A workout that is too long will increase your risk for injuries. Typically you should work out for 30-60 minutes at a time.

Type – The specific type or mode of activity that you choose to do

What you choose depends on what you enjoy doing, how much time you have, and if you can afford the activity. Two types of activities are **cardio exercises** like running, swimming and cycling and **strength training exercises** like resistance activities such as weight lifting, exercise bands and weight machines.

Workout Plan Components

- A **repetition**, or rep, is one completion of an activity or exercise.
- A **set** is a group of consecutive reps for any exercise.

If you do 10 push-ups, one right after the other, you have done one set of ten reps.

The number of sets and reps that you do determines the outcome of your workout.

- **For Fat Loss:** 1-3 sets of 10-12 reps
- **For Muscle Gain:** 3+ sets of 6-8 reps
- **For Muscle Endurance:** 1-3 sets of 12-16 reps

Check for Understanding

- **Frequency**

How often do you work out for your sport/activity?

How would changing the frequency improve your skills?

- **Intensity**

How intense are the workouts for your sport/activity?

How would changing the intensity improve your skills?

- **Time**

How much time do you currently spend engaging in your sport/activity?

How would changing the time spent on your sport/activity improve your skills?

- **Type**

Is this type of sport/activity one that you would continue for a lifetime? Why or why not?

- A basketball player on your high school team gets tired in the third quarter of the game. What advice would you give him/her to improve stamina/endurance?

Coach's Reflection: