

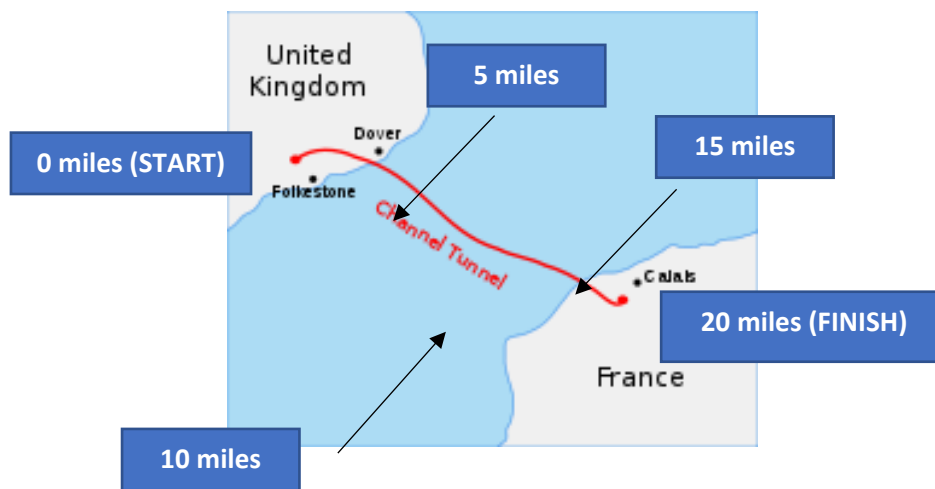
# CONTINUOUS TRAINING

What I think continuous training is:

## Aerobic training zone

The aim for continuous exercise is for you to be working within your aerobic training zone, which is between ..... and ..... % of your maximum heart rate

Age	Maximum heart rate	60%	80%
11	209 (220-11=209)	126	167
12	208 (220-12 =208)	125	166



The channel tunnel is **20 miles** in total! Can you make it to France?

For each **1km** you perform on either the bike, rower, cross training or running machine = **2.5 miles** distance covered

After 8 minutes you will switch piece of equipment. You will use 4 out of the 5 exercises! Record your distance on the table below 😊

EQUIPMENT	DISTANCE COVERED IN KM
Rowing machine	
Running machine	
Bike	
Cross trainer	
Shuttle runs (50 shuttles = 1km!)	
<b>TOTAL DISTANCE in KM</b>	

**CHALLENGE**  
Can you make it back to England?

What I now know what continuous training is:

# METHODS OF TRAINING

## CHALLENGE

What methods of training have we covered over the last 3 weeks?

- 1)
- 2)
- 3)

Can you identify any other methods of training?

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State the method of training that would be most suitable for the following athletes!

