

Principles of Training



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- In order to get the most out of your training, you must follow some basic simple training principles.
- These are based on the biological, psychological and pedagogical sciences and should be applied to training programs to ensure continual improvement in performance.

Principles of Training

1. Active Involvement
2. Progressive Specialization
3. Progressive Increase of Load
4. Reversibility
5. Individualization
6. Variation
7. Periodization
8. Control

Principle of Active Involvement



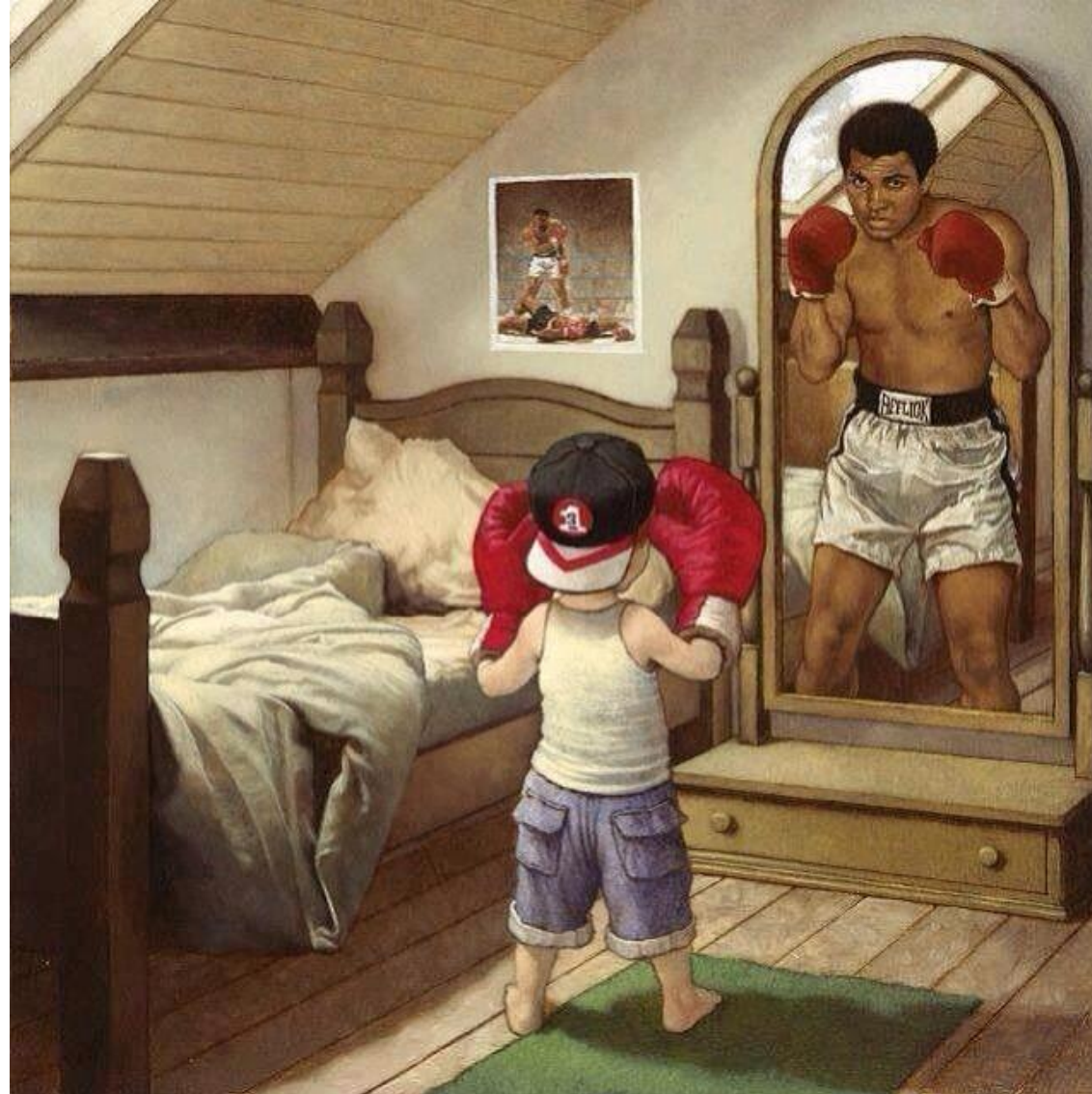
Principle of Active Involvement

- The boxer has to want to actively and willingly participate in their training program. He or she should understand the positive and negative aspects of his/her performance, and what and how he/she may go about improving his/her results.

Principle of Active Involvement



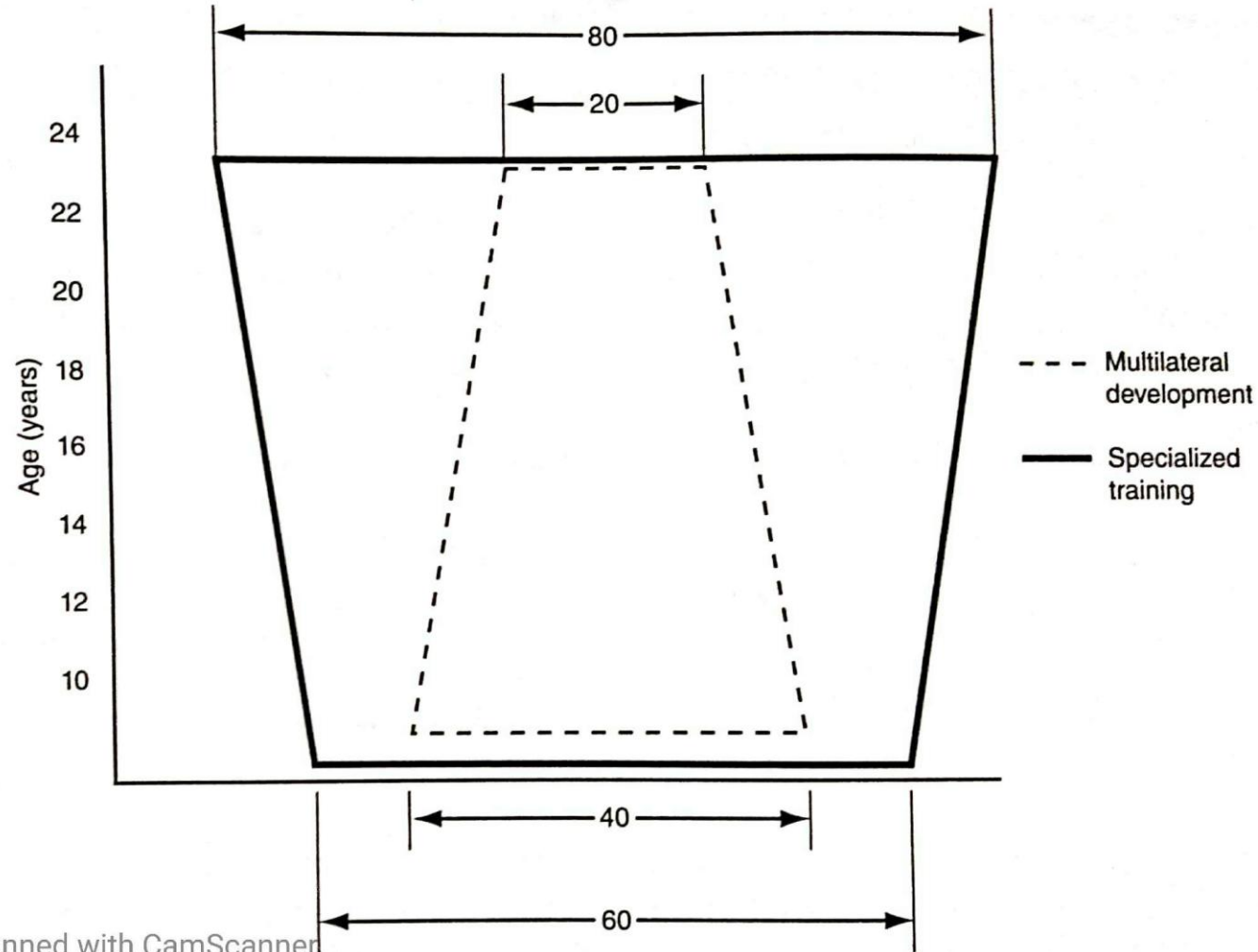
Principle of Progressive Specialization



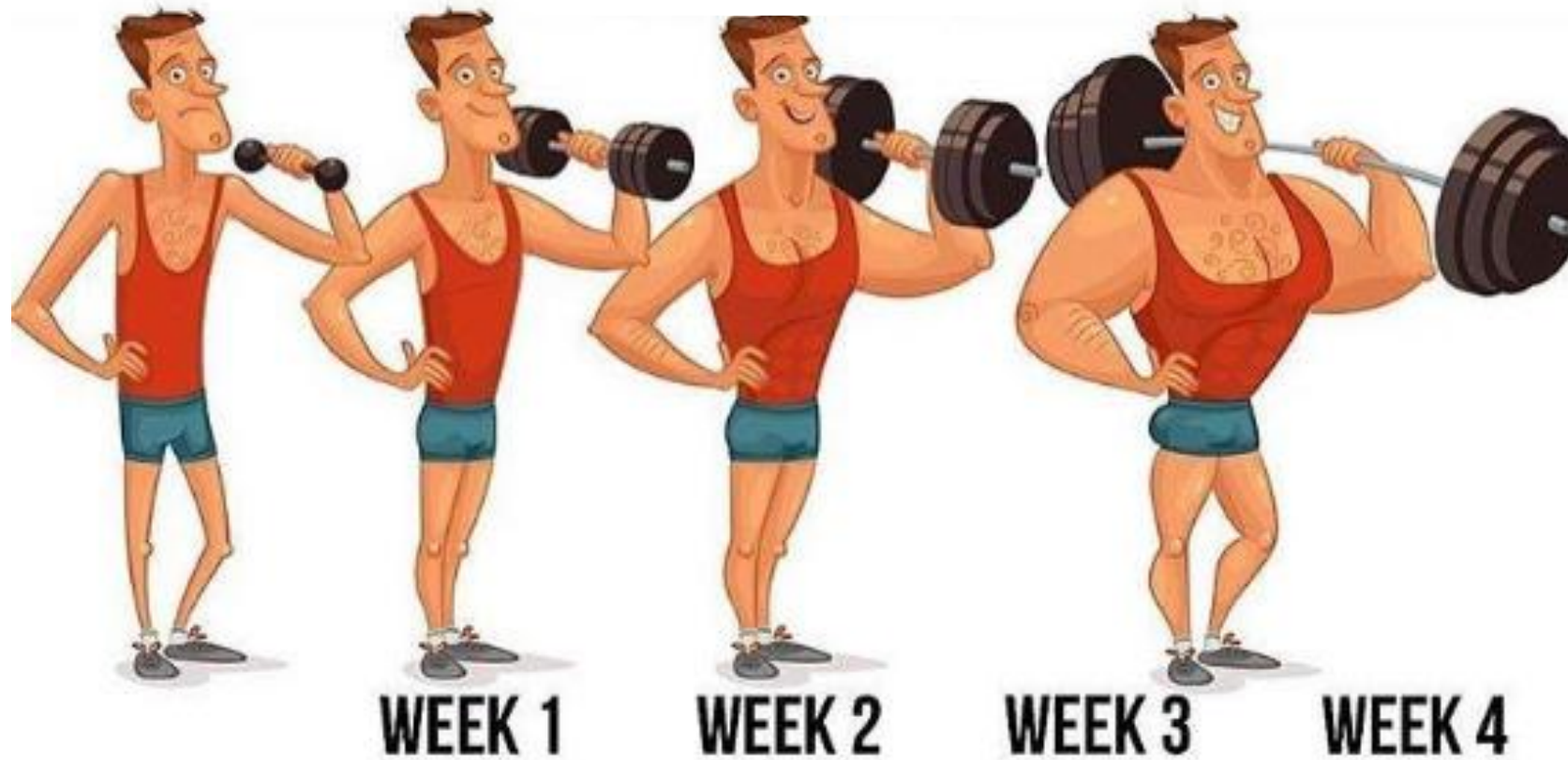
Principle of Progressive Specialization

- At the beginning of the sports career, a broad, multilateral base of physical development is one of the basic requirements necessary to reach a highly specialized level of physical preparation and technical mastery. With time, the specific exercises become more and more important for further improvements.

Principle of Progressive Specialization



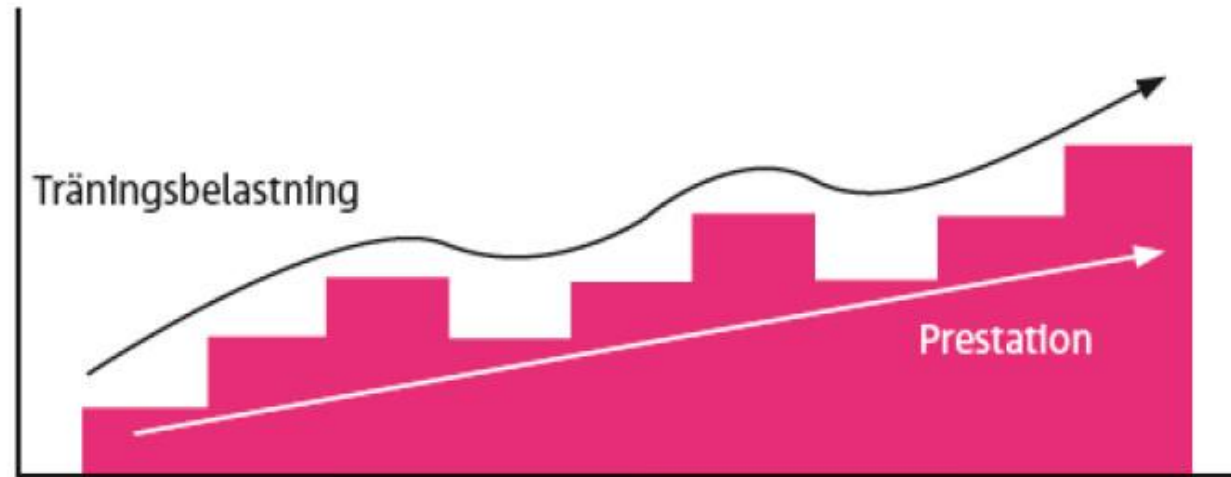
Principle of Progressive increase of Load



Principle of Progressive increase of Load

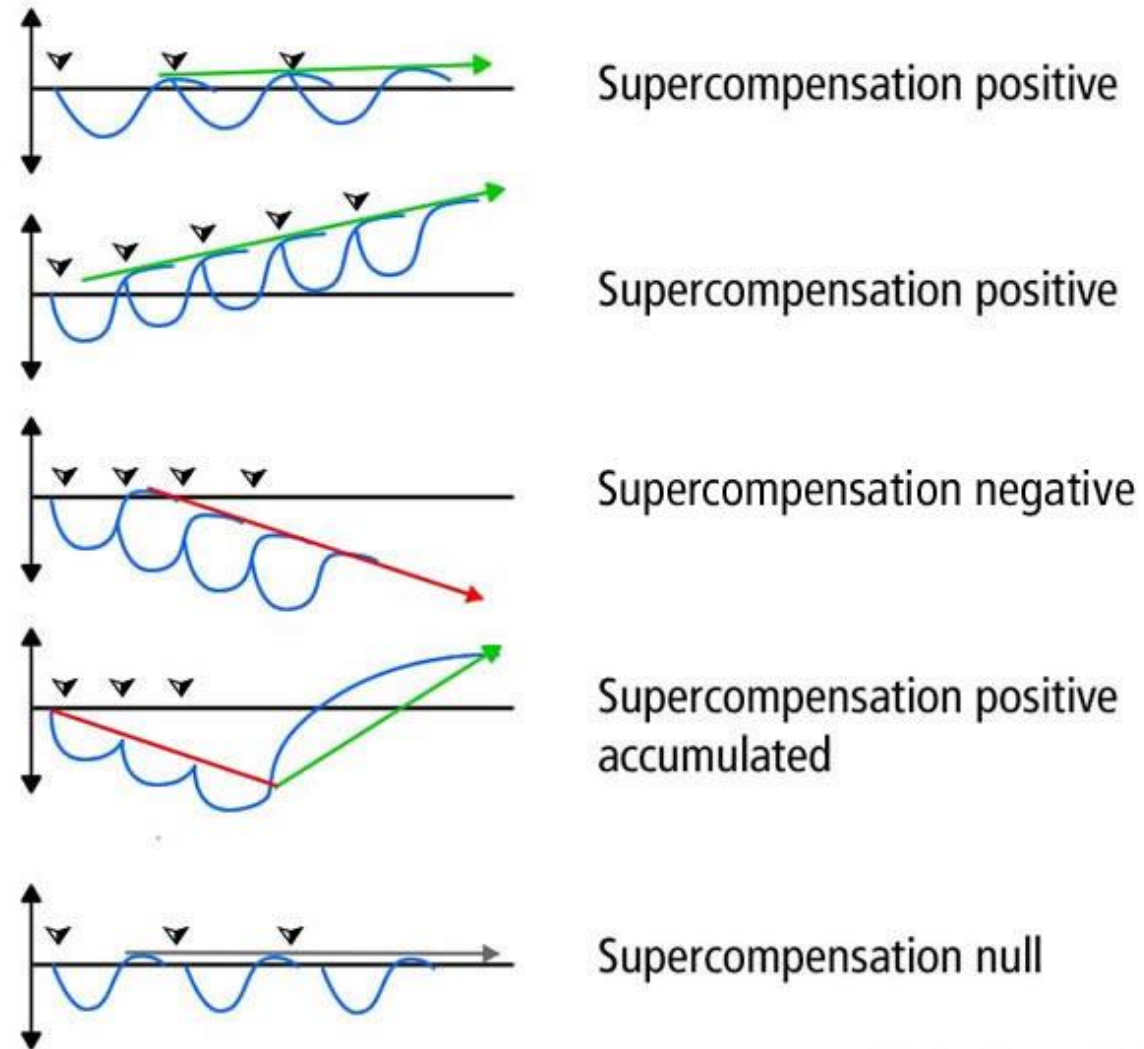
- Improvement is a direct result of the amount and quality of work achieved in training. From the initiation stage up to the stage of world class boxers, workload in training has to be increased gradually. If the same load is maintained for a long period, it loses its effect.
- However, there must be a balance between work and recovery.

Principle of Progressive increase of Load



Figur 5.2: Traditionell modell med återhämtningsperioder (Bompa & Carrera 2005, s 54).

Principle of Progressive increase of Load



Principle of Reversibility



Principle of Reversibility

- If you stop training then the improvements you have made will be reversed. If you do not train for a period of time you may not be able to resume training at the point where you left off.
- Easy come - easy go

Principle of Individualization



Principle of Individualization

- Athletes respond differently to the same training. Each boxer, regardless of his/her level of performance, must be treated individually according to his/her abilities, potential and learning characteristics. The coach has to realize the boxer's needs and maximize his/her abilities.

Principle of Variation



Principle of Variation

- Contemporary training is a very demanding activity requiring many hours of work. To avoid monotony and boredom the coach's capacity to create, to be inventive and to work with imagination represents an important advantage for successful variety in training, which in the end will reflect positively upon the boxer's mental and psychological well being.

Principle of Periodization

The Annual Plan																
Phases of training	Preparatory					Competitive					Transition					
Sub-phases	General preparation		Specific preparation			Pre-competitive	Competitive				Transition					
Macro-cycles																
Micro-cycles																

Figure 8.1 Division of an annual plan into its phases and cycles of training

Principle of Periodization

- The boxer can't be in top shape always. To reach the optimal performance the training can be divided into different periods with different objectives, like a Preparatory Period (General and Specific), a Competition Period (Pre-Competitive and Competitive) and a Transition Period (Passive and Active).

Principle of Control



Principle of Control

- It's necessary to evaluate the training process to verify its success. You will need to check how the training process is going. The preparatory competitions are an effective control of the training.