Principles of training: FITT

Fill in the missing words.

**F**

How *__________* you train.

One way you can increase *__________* is by taking part in more training sessions.

**I**

How *__________* you train.

You can increase *__________* by training *__________*.

**T**

How *__________* you train for in each individual session.

This can be increased by training for a *__________* period of time.

**T**

This refers to what *__________* of exercise you do.

This needs to match the activity that you are training for.