



Year 8 Health Related Fitness: Lesson 4 – Types of Anaerobic Training

Big Question

What are the main types of anaerobic training?

Recap:

Watch the video on the three main types of exercise. Try to pick out key words that characterise or describe aerobic and anaerobic exercise.

https://www.youtube.com/watch?v=XiF_sAEECqQ



Now try the three types of anaerobic training as described below.

Activity 1: Interval training

Interval training is a type of training that involves a series of high intensity workouts interspersed with rest or relief periods.

Mark out a short course/straight track to sprint down... approximately 20-30m. Do 10 sprints down the track at maximum speed and the walk back to the start each time. If you are isolating then you can do an on the spot sprint with high knees.

Activity 2: Hollow Sprints

Hollow sprints involve the use of two sprints interrupted by a hollow period of either jogging or walking.

These sprints are performed in repeats; one repetition might include sprinting 60 yards, jogging 60 yards, then walking 60 yards.

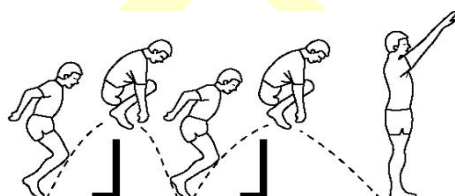
Mark out more of a square/circuit type course. Sprint down one side, then walk the next side then sprint the third side, then jog the last side. Repeat 5 times.

If you don't have space in your garden/house then march, jog and sprint on the spot.

Activity 3: Plyometric Training

Plyometrics — plyos for short — is a type of exercise that trains muscles to produce power (strength + speed). Plyometric exercises involve a stretch of the muscles, immediately followed by a contraction of the same muscles — which is why it's sometimes referred to as “jump training.”

Find some obstacles you can safely jump over and design your own session where you repeatedly jump over the obstacles with short rest in between. A typical example is given below.



Misconceptions Worksheet

Aerobic & Anaerobic Exercise / Short Term Effects of Exercise

Read the statements in the table, annotate on the page if the statement is correct or false, explain in as much detail as you can!

Aerobic exercise includes activities such as a triathlon and marathon running	Anaerobic exercises are those with high intensity for a long period of time	The anaerobic equation is: $\text{Glucose} \rightarrow \text{O}_2 + \text{H}_2\text{O} + \text{Heat} + \text{Energy}$
Lactic Acid is a waste product of anaerobic respiration	Fats are used for both aerobic and anaerobic exercise	When we exercise, we get a build up of lactic acid
An increase in tidal volume is a short-term effect on the cardiovascular system	Cardiac hypertrophy is a short-term effect of exercise on the muscular system	Cardiac Output = Stroke Volume X Heart Rate