



Different Training Methods to Improve Your Fitness

KS3 PE Ages 11-14 ⌚ 3 min read

What Are Training Methods?

Training methods are different ways of exercising to help your body become fitter and stronger. Just like a plant needs different amounts of water and sunlight at different times, your body needs different types of exercise to improve different parts of fitness. There are several main methods that **PE teachers** use to help students get healthier.

Continuous Training

Continuous training means exercising without stopping for a long time. You keep moving at a steady pace, like jogging, cycling, or swimming for **20 to 60 minutes**. This improves your **cardiovascular fitness** — how well your heart and lungs work together.

Think of it like: Running a long race where you keep the same steady speed the whole way, not speeding up or slowing down.

Interval Training

Interval training means switching between hard exercise and easier rest periods. For example, you might sprint for **30 seconds**, then walk for **30 seconds**, and repeat. This builds **speed** and **power** while also improving your heart's fitness.

Think of it like: A video game where you have intense action moments, then quieter moments to catch your breath.

Strength Training

Strength training uses weights, resistance bands, or your own body weight to build **muscle**. Exercises like push-ups, squats, and lifting dumbbells make your muscles stronger and more powerful. You don't need to lift heavy weights — even light ones help!

Think of it like: Building a house brick by brick — each workout adds to your muscle strength.

Circuit Training

Circuit training combines different exercises done one after another with little rest. You might do **5 to 10** different activities, like jumping jacks, sit-ups, and running on the spot. This improves everything — strength, speed, and heart fitness all at once.

Think of it like: A video game level with different challenges you complete in order.

Flexibility Training

Flexibility training includes stretching and activities like **yoga**. This makes your joints move better and prevents injuries. A **good stretching routine** takes just **10 to 15 minutes** and helps you move more easily in everyday life.

Which Method Is Best?

The best training method depends on what fitness goal you have. Do you want to run faster? Do you want stronger muscles? Do you want to be generally healthier? The answer changes which method suits you. Most athletes use **different methods together** to build **all-round fitness**.