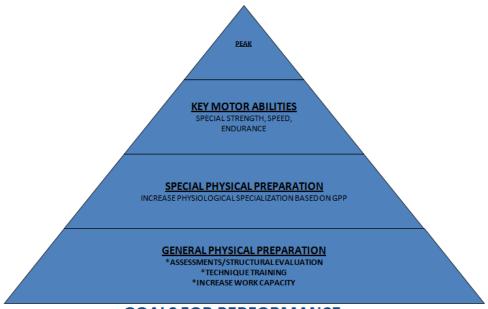
## Appendix 3.1.1

The Physical Preparedness Pyramid



## **GOALS FOR PERFORMANCE**

- INCREASE WORK CAPACITY

<u>TECHNIQUE TRAINING</u>
- DEVELOP ALL CATEGORIES OF FITNESS



## **PHYSICAL PREPAREDNESS**

\*\*PREPAREDNESS IS COMPLETELY BASED ON THE FIRST VARIABLES DUE TO INSTABILITY, I.E., IT CAN ONLY BE A STABLE VARIABLE IF TRAINED PROPERLY

\*\*adapted from Periodization: <u>Theory and Methodology of Training</u>, Bompa and Haff, 5<sup>th</sup> edition, 2009

Supertraining. Y. Verkhoshansky & M. Siff, 6th ed. 2009