

FIIT

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What is FIIT?

- FIIT is used to optimise training.
- There are four components of FIIT these are Frequency, intensity, time and type.
- FIIT is the component parts of the principle of training overload.
- All 4 can be manipulated to maximise training.
- Most athletes use FIIT to help with overload, this helps them improve their performance which allows them to perform to a good standard which increases their chance of winning or being successful.

F.I.T.T. PRINCIPLE

FREQUENCY | INTENSITY | TYPE | TIME

Frequency

- Frequency is how many sessions per week are performed.
- By increasing how many sessions of training you do in a week (or in a day) will contribute to overload.
- For example an athlete may train 4 times a week with 2 rest days and 1 match day.
- However, you could use frequency to help contribute to overload and train 5 times a week with only one rest day and 1 match day.

Intensity

- Intensity is how hard the sessions are.
- To contribute to overload over the training sessions you could increase the intensity to achieve the overload principle.
- Intensity can be used in many different ways.
- It can be used on how long an athlete does a certain exercise for.
- How many reps they do
- How heavy the weight they are lifting etc .
- For example an athlete could be doing bicep curls with a 10kg weight and then the next week they could increase the intensity to doing bicep curls with a 12kg weight.

Time

- Time is how long the session, intervals or sets are.
- To contribute to overload over the training sessions you could increase the time to achieve the overload principle,
- You could increase how long you are training for. For example 3 sessions of the week can be 4 hours long. And one session of the week can be doubled to 8 hours long- so you are doing two training sessions in a day. Triple Jumper Nathan Fox does this.
- When looking at how long intervals are we can look at the rest periods. To increase the intensity we can shorten the rest periods so we are working harder and increase the working periods. For example in a training sessions can be 30 seconds work and 30 seconds rest another training session can be 40 seconds work 20 seconds rest .

Type

- Type is the method of training that is used.
- To contribute to overload over the training sessions you could use type to achieve the overload principle
- It is important the athlete does different types of training to make sure they improve all components that they need in their.
- For example a rugby player uses some components such as agility and strength this means that they would do training methods to suit these components and other training methods to help their fitness and other components.
- For Agility the rugby player would use Fartlek training and for strength they would use weight training.

- Each individual component of the FIIT principle can be increased to maximise training, however it is common to increase only one or two at a time to prevent an athlete from burning out and risking injury.
- If an athlete gets injured during the training session it could lead to reversibility as they can not train. Their results may reverse and their fitness levels will decrease.
- Therefore it is important that this is carried out gradually.

Example

- For an elite 17 year old endurance performer the general guidelines are.....
- Frequency: four or five days a week
- Intensity: 60-80 percent of maximum heart rate
- Time (distance): 3-9 miles a day / 15-25 miles a week.
- Type : continuous training, circuit training and hill running.

Example

FITT Principle Chart- Describes how to apply the principles of overload and progression

Section 3

	Frequency	Intensity	Time	Type
Warm up	Before work-out	50%Max. heart rate	5-15 min.	aerobic
Flexibility	Daily	Slight tension	20 seconds each stretch	
Cardio Respiratory	3 times a week (minimum)	60-85%MHR	20 minutes	aerobic
Muscular Endurance	2 Times a week	Fatigue muscle	2sets 12Reps	Anaerobic
Or Muscular Strength	4 times week	Fatigue muscle	4 sets 10 Reps	Anaerobic
Cool Down	After work out	50%Max. heart rate	10-15 min.	aerobic

This is a basic training programme of FIIT. The athlete has stated how often they are going to do the training, the intensity how long they are going to do it for and the type. A good way here to achieve overload is to increase the sets and repetitions the athlete does and the intensity. It is important the athlete only focuses on 2 in order to prevent injury and reversibility.

Interval training- speed

Speed Training	Week 1	Week 2	Week 3
Number of work periods	10	12	14
Number of rest periods	10	12	14
How long does each work period last?	30 seconds	30	30
How long is each rest period?	30	30	30
Intensity of training	80%	80%	85%

Increased intensity



So this is a basic workout plan for speed training in week 1 the athlete does 10 work periods which last 30 seconds. These work periods will be exercises that help improve the component of fitness speed. The athlete will have 10 rest periods which will also last 30 seconds. The intensity of training will be 80%. In week 2 the athlete does 12 work periods which are 30 seconds long and 12 rest periods which are 30 seconds long. The intensity of training will be 80%. In week 3 the athlete will do 14 work periods which are 30 seconds and 14 rest periods that are rest periods. The intensity of training will be 85%.

Here we can see we have used intensity by gradually increasing the intensity to 80%-85%.we have also used intensity by increasing the number of working periods each week.

Interval training Endurance

Endurance Training	Week 1	Week 2	Week 3
Number of work periods	3x3	4x4	5x5 4x4
Number of rest periods	2	3	4
How long does each work period last?	2 minutes	2 minutes	2 minutes
How long is each rest period?	30	30 40	50
Intensity of training	70%	75%	80%

In week 1 the athlete is doing 3x3 work periods that last for 2 minutes. The athlete has 2 rest periods that are 30 seconds long and the intensity of training is 70%.

In week 2 the athlete is doing 4x4 work periods that are 2 minutes long. The athlete has 3 rest periods that are 40 seconds long and the intensity is 75%. In week 3 the athlete is doing 5x5 work periods which last for 2 minutes. The athlete has 4 rest periods that are 50 seconds long. The intensity is 80%. Here you can see we have increased the intensity to 70%-80%.

We have increased the number of work periods by increasing how many sets we do.

- Overall, FIIT helps with overload.
- FIIT can be used in home workouts and even Olympic athletes use FIIT.
- It is important that FIIT is used correctly otherwise there is risk of injury which can lead to reversibility and loss of progress.
- 10% increase is fundamental to bring about improvement to avoid plateau's in training and lost fitness.
- Frequency, Intensity, Time and Type is what FIIT stands for.