Chapter 4
Plyometrics and Cardiovascular Endurance

Objectives
- Discuss the principles of plyometrics
- Identify examples of plyometric exercises
- Discuss the principles of cardiorespiratory endurance
- Identify examples of cardiorespiratory endurance exercises

Plyometrics
- Designed to improve muscular power
- Exercises characterized by:
  - an eccentric loading phase followed by an immediate, explosive concentric phase

Plyometrics
- Box jumps
- Medicine ball tosses
- Leaps, bounds, hops

Types of Training for Cardiorespiratory Endurance
- Continuous
- Interval training
- Fartlek training

Types of Training for Cardiorespiratory Endurance
- Continuous
  - Type of exercise must be aerobic in nature
  - Frequency (at least 3 times/week)
  - Duration (at least 20 minutes)
  - Intensity (must elevate heart rate to 70% of maximum)
**Types of Training for Cardiorespiratory Endurance**

- **Interval training**
  - Intermittent activities involving periods of intense work and active recovery
  - Must occur at 60-80% of maximal heart rate
  - Allows for higher intensity training at short intervals over an extended period of time
  - Most anaerobic sports require short burst which can be mimicked through interval training

- **Fartlek training**
  - Speed play
  - Similar to interval training in the fact activity occurs over a specific period of time but pace and speed are not specified
  - Consists of varied terrain which incorporates varying degrees of hills
  - Dynamic form of training
  - Popular form of training in off-season

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**Types of Cardiorespiratory Endurance Equipment**

- **Equipment for Endurance Training**
  - Cost can vary from $2-$60,000
  - Jump rope to treadmill and computers

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**Fitness Assessments**

- Provides coaching and athletic training personnel with information relative to fitness and preparedness
- Can assess all facets of training and conditioning with established tests and protocols

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**Questions?**