

## Training Method

**Fartlek method** Fartlek training method is based on cross country running with varying speed and requirements of an athlete. In this method the change of pace or speed is not pre-planned. The athlete changes the speed on his own during the activity according to the terrain, surrounding and on his feeling. The method was firstly used in Sweden since the 1930s for improving aerobic capacity and also known as Swedish training system which means 'the play with speed'. The concept of fartlek is to run at a steady pace for a set distance. The heart rate fluctuates between 140-180 beats per minute. It means, in this training we plan a programme of running some distance. The time for covering, the distance is fixed, but no attention is paid to the change of pace in running. The time fixation is depends upon the standard of a trainee. A trainee starts the run on an easy pace and has the freedom of varying his pace. The only thing that matter is the time for the completion of the course and the use of sprinting in between. Along with running, the trainee can include some exercises like squat jumps, hopping on one leg or hopping with both the legs etc. The types of exercises may be selected on the basis of the requirements of an athlete. Fartlek training which is also named as 'Speed play' has certain merits or advantages which are given below:

- This training provides strong stimulus for developing maximum oxygen utilisation capacity due to the inclusion of sprints in between.
- It develops strength endurance also due to the difficulty of terrain.
- Balancing adjustments of ankles, knees and hip improves due to the uneven terrain.
- In this training fatigue is delayed due to the psychological advantage derived from the changing of scenes along the route and its closeness to nature.

The only point expressed against this training is that it is conducted on surfaces which have no connection with the track used in competition. As a matter of fact, athletes who practice on rough rugged tracks adjust quite easily on nicely laid out tracks and give even better performances. Fartlek training method is considered as a good conditioning method that improves physical ability and stamina of an athlete. It is also a good training method for enhancing strength and endurance for all games and sports activities.

**Dynamic phase ballistic method** In dynamic phase ballistic method, the joint movement is stretched rhythmically to its maximum range. The pattern of the movement is softly progressive manner from the small range to complete and dynamic range of movement actions. The stretching movement is done with a swing hence the name is ballistic. The word is ballistic refers to the explosiveness and every athletes will require explosiveness in their training. A high degree of force is used for a short duration, relying on speed and body weight to stretch the muscle. The speed is used in this type of method because the stretch reflex to be activated is very quickly. Two opposing force act on the muscle group: the force generated from the first stretch attempting to lengthen the muscle and the reflexive contraction of that muscle group. Using first bouncing, rhythmic motion, especially if there is a high degree of force, can be and is often associated with greater muscle soreness. "Pulsing" is also included in this category. Ballistic stretches must be performed with extreme caution rather than it occur muscle or tendon-strain injuries. To improve the movement with full range, the ballistic mobility exercises are one of the best ways. The advantage of this method is not only to increase the muscle temperatures but also to switching-on the motor actions specifically for the gymnastics, diving or where the quick responses are required.