

1. microcycles	short training cycles containing specific details and usually cover a period of about 7-10 days
2. overtraining	a chronic psychological and physiological condition caused by training loads that are too demanding for an athlete to manage
3. peaking	the phase of training in which performance is optimised to meet the demands of a race
4. periodisation	the process of structuring training into manageable phases
5. plyometrics	a special range of exercises in which a muscle is lengthened using an eccentric contraction and this is rapidly followed by a shortening or concentric contraction
6. power	the rate at which force is produced per unit of time
7. starting strength	the ability to 'turn on' as many muscle fibres as possible in the performance of a movement
8. static stretching	a safe form of stretching in which the stretch is held for a period of 10-30 seconds
9. steroids	derivatives of the male sex hormone testosterone and cause development of masculine characteristics
10. strength	the ability of a muscle or muscle group to exert a force against a resistance
11. strength training	a general term that encompasses all types of exercise designed to improve strength and increase muscle size
12. subroutines	the individual components that collectively comprise a skill
13. tapering	the period immediately before competition when the volume and intensity of training is reduced
14. temporal patterning	the ability to execute the subroutines in correct sequence