

FITT Training Guidelines for Different Fitness Components

Fitness Component	Frequency per week	Intensity of session	Type of exercise	Time (TUT)	Energy System	Work to Rest Ratio W:R	Sets	Reps	Rest	Recovery b/w sessions
Power	1 - 2 x	100%	Movement specific	<15s	ATP-PC	1:10/12	2-6	1-6	1:30-5min	72+ hrs
Strength	2 - 3 x	80 - 100%	Movement specific	15-30s	ATP-PC	1:3	2-6	4-8	1-5min	72+ hrs
Hypertrophy	2 - 4 x	60 - 80%	Muscle group specific	30-60s	Fast glycolysis	1:3	2-6	8-12	1-3min	48+ hrs
Muscle Endurance	2 - 4 x	40 - 60%	Muscle group specific	60s+	Fast glycolysis Aerobic	2:1	2-6	12-20	< 30s	24+ hrs
Flexibility	2 - 7 x	Mild Tension 6-7/10 RPE	Joint and muscle group specific	15-60s	Aerobic	1:1				12+ hrs
Agility	2 - 4 x	80 - 100%	Movement specific	5-20s	ATP-PC	1:10	2-6	4-10	1-5min	48+ hrs
Speed	2 - 3 x	100%	Movement specific	5-20s	ATP-PC	1:10	2-6	4-10	1-5min	72+ hrs
Anaerobic Fitness	1 - 2 x	80 - 100%	Movement specific	10-120s	Fast glycolysis Aerobic	2:1	1-4	4-20	5s-1min	48+ hrs
Aerobic Fitness	2 - 7 x	50 - 80%	Movement specific	60s+	Aerobic	1:1				12+ hrs

TUT = Time under tension