## THE CAR MODEL

FOR PHYSICAL TRAINING





## **OBJECTIVE**

SPECIFIC EXERCISES

Improving athletic performance by developing and perfecting physical attributes. This includes reviewing daily habits, which should improve the health and quality of life of athletes.

Athletes with a low risk of injury

General programme

Athletes with a risk of

Personalised programme

Improving muscle balance and posture. Increased vigilance and anatomical adaptations tailored to the athlete to minimise the possibility of injury.

EXERCISES FOR RECOVERY After a sports injury

Personalised programme to help return to the level of fitness necessary for training and competition

**PREVENTION** 



Cohesive and tailor-made strategies for training programmes to help improve performance

## **GENERAL**

Progressive increase in psychological and physical training loads at a logical and guided rate

ANATOMICAL ADAPTATION Changing the athlete's behaviour and body composition, so that he or she can achieve the necessary morphological and functional adaptations to deal with training loads.

TRAINING MUSCLE STRENGTH Improves in neuromuscular and hormonal adaptations. Increases muscle strength and improves the aerobic and anaerobic capacity of the muscle.

- Hypertrophy
- Strength resistance
- Explosive strength
- Explosive strength resistance
- Maximum strength

CARDIORESPIRATORY ENDURANCE TRAINING Building energy substrate stores, delaying lactic acid accumulation, and maintaining high-level athletic activity.

Exercises adapted to the potential of each athlete depending on their chosen sport.

- Endurance
- baseline resistance
- Maximum aerobic capacity and potential mixed resistance
- Anaerobic capacity and potential speed and speed endurance

**SPECIFIC** 

Technical and tactical physical exercises related to sport, as a means of perfecting both technique and tactics

TECHNICAL AND TACTICAL PHYSICAL TRAINING

Direct functional training for the stress levels during competition. Optimum specific training levels.

Tactical physical training ensures that tactics are carried out as well as possible.