

Time	Adaptations	Flexibility	Rest and Recovery	Power
Continuous Training	Speed	Reaction Time	Agility	Specificity
Type	Balance	FREE	Intensity	Muscular Endurance
Specificity	Muscular Strength	Reaction Time	Frequency	Progressive Overload
Cardiovascular Endurance	Reversibility	Coordination	Variation	Fartlek Training

Type	Variation	Agility	Muscular Strength	Continuous Training
Rest and Recovery	Muscular Endurance	Flexibility	Progressive Overload	Balance
Intensity	Adaptations	FREE	Frequency	Reaction Time
Fartlek Training	Time	Coordination	Specificity	Cardiovascular Endurance
Power	Individual Differences	Specificity	Reaction Time	Speed

Specificity	Frequency	Type	Fartlek Training	Rest and Recovery
Reversibility	Specificity	Variation	Muscular Strength	Balance
Reaction Time	Agility	FREE	Intensity	Flexibility
Individual Differences	Power	Cardiovascular Endurance	Adaptations	Time
Speed	Reaction Time	Muscular Endurance	Progressive Overload	Coordination