

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

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

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