**Physical Factor**

**Explain one approach to develop the physical factor**

An approach to develop the physical factor would be Interval Training. This involves periods of high intensity sprinting interspersed with periods with complete rest or active recovery (slow jog/walk). For example, covering a distance of 200m in 40 seconds with a recovery time of 2 minutes, you then complete this 12 times. As you get used to the interval training you can then alter the frequency, intensity and duration in order to challenge yourself and improve your CRE. To change the frequency of your training you could up the number of sessions that you complete each week for example from 3 to 4. You could also increase the intensity of your training. In order to do this, you can change the work to rest ratio. For example if the recovery time was 2 minutes, reduce it to 100 seconds. You can also increase the duration of your session. For example, you could complete 15 intervals rather than 12. Depending on how it’s designed it can also help improve speed and speed endurance.