

FIVE Trainability

The terms “adaptation” and “trainability” are often used interchangeably in coaching. However, the difference between them is significant. Adaptation refers to a change or changes in the body as a result of a stimulus that induces functional and/or morphological changes in the organism. Trainability has been defined as the responsiveness of developing individuals to a training stimulus or stimuli at different stages of growth and maturation.

Figure 3 Pacific Sport; Windows of Optimal Trainability (adapted from Balyi and Way, 2005)

