Training Log	**Method of training:** Continuous training

Explain how and why the method of training is applied in your training programme.

I used continuous training so I can get fit and more powerful for riding a bike for the mountain bike camp. Therefore I will need to increase my cardiovascular system. This will hopefully result in a fast time for the mountain biking camp. The continuous training is being used because the aerobic energy system is the main energy system that is used when mountain biking. This is the long distance energy system which means it is using oxygen to supply energy.

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Explain how and why physiological responses are applied to training.

My body started to build up lactic acid during my training but with more training the body is getting better at getting rid of the lactic acid. I am already felling fit during my first week of training. Each training I try and work between 70-85% of my maximum heart rate this improves the ability of the lungs and heart to work together to allow greater amounts of oxygen to reach the muscles that are being worked. Also during this training my body temperature increase and this was seen in the form of sweat and blood going to the skin I became redder.

Explain how your chosen biophysical principles _____ and _____ are interrelated.

The strengths of this training method is that it is extremely specific to what I am training for, mountain biking is almost all continuous when you are riding at 70-85% of your MHR all the time.
One weakness is that it is not all continuous training and that you need some interval and resistance training included to really reach my goal of getting more fit and more cardio vascular endurance. Also muscular endurance will grow my muscles in my legs e.g. bigger quads and calfs and also thigh. This will give me more endurance to go longer in the race with heaps of power and speed, but this could give me more of a steady speed which is specific to trail riding as the fastest to the finish line wins. So building up my leg muscles and cardio vascular system will help me in getting the fastest time. My cardio vascular system needs to be improved as I am unfit and the stich occurs very fast when I am running/cycling, so this is a weakness as it is hard to train without getting the stitch.

Task 3: Evaluating the application of biophysical principles.
Evaluate the application of three methods of training you have used in your training programme (continuous, fartlek, circuit, interval (short and long), flexibility, resistance and plyometrics).

Method of Training: Continuous
On Monday morning I started with a 20 min cycle increasing 10 min per week and did this for 3 weeks. I also did running of Tuesday pm doing 2 loops of the school increasing one lap per week and did this for 3 weeks. The last continuous training I did was 2 laps of the school on Saturday am. All this training was at 75% of my MHR which I found by the formula 220-age. I did this for a minimum training time of a least 25min as this is the minimum time required for training the aerobic system. I started with smaller distances as I was unfit when I started so I increased the distance over the 3 weeks so that I was running double then when I had started. This was for all continuous trainings apart from Saturday am as I had a goal for 85% of MHR as this would push me much more.

1

Evaluate the application of four principles of training you have used in your training programme (frequency, intensity, time, type, specificity, progression, reversibility, rest and variety).

Principle of training 1: Specificity

How did you apply it to your training programme?
This principle of training was used because I was training for mountain biking and leg speed. I made continuous training one of my main methods of training because this related to the sport of mountain biking. When I did resistance training I did my legs because you use these a lot when you are doing mountain biking. Interval training was also important because at times you need bursts of speed for hills and at the finish.

Why did you apply it to your training programme?
I applied this because I am looking to get more cardiovascular and aerobic fitness which is the main component for mountain biking. I am training energy systems and methods of training which are specific to mountain biking, continuous interval and resistance.

Principle of training 2: Rest

How did you apply it to your training programme?
This principle I applied during short and long interval training. The work to rest ratio is the recommended ratio for most beneficial outcome. The training I did was 120sec work time then I had a rest time of 360sec which gave me a work to rest ratio of 1:3. I did 6 reps of this and 4 sets and I had 7mins rest between sets. I also made sure I had a day off from exercise, so my rest day was on a Sunday which also gave me a full day to recover from the weeks work.

3

Why did you apply it to your training programme?
I used rest to make sure my body is recovered enough between sets and so my anaerobic system had time to recover so my body stays at full potential for the next set or training. This will make sure I am getting the most benefits out of training and also not wearing the body down and using all its energy. Rest must be a part of the training programme which is why I did not train 7 days a week, but rather 6 days a week which you can see on my training programme.

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Strengths of training programme – What worked?
The rest in interval training I had the appropriate work to rest ratio so that my anaerobic system could recover in time to work at maximum intensity for the next set of reps. Also my rest after training making sure the desired rest was being made to not wear my body out.

Weaknesses of training programme – What didn't?
The main weakness was frequency as I did not train some methods for long enough e.g. short interval I only trained for one day. Or the time of the day that methods were being trained for e.g. long interval Monday and Friday evening as it is hard to train when you get home and train at 95% MHR. So I needed to consider the method of training and the frequency/duration of them. I did not plan for reversibility. If I had got an injury and couldn't train I did not have a set exercise or training that I could do while I had that injury.

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What modifications would you make to the application of the biophysical principles used in your programme?
I would make sure that I had a programme that catered for injury. For example, I would make sure that my continuous training could still happen to that reversibility did not kick in. If I got a mountain biking injury, to keep up my cardiovascular fitness, I could apply the same method but use a different activity, such as swimming or aqua jogging. I could keep the durations and frequencies the same.

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