

Training Log	Method of training: Continuous
<p>Explain how and why the method of training is applied in your training programme. I used this method of training because my goal was to get fitter and reduce my body fat and I like biking, so thought this method would be good for me. I also wanted to keep my legs moving on the bike so I did this for 30 minutes to improve my fitness for tennis. I don't think I am fit at the moment, so doing this 3 x per week should help me reach my goal if I keep doing it.</p>	
<p>Explain how and why physiological responses are applied to training. My heart rate increased as soon as I had been cycling for a good 30 sec. I began to feel the lactic acid in my legs. My body temperature went up and I began to feel the sweat.</p>	
<p>Explain how your chosen biophysical principles _____ and _____ are interrelated. I was able to continuously cycle for 30 min and being able to stay in the aerobic training zone. My weakness was that I should have done this more frequently.</p>	

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Training Log	Method of training: Fartlek
<p>Explain how and why the method of training is applied in your training programme. I used this method of training because my goal was to improve my movement around the tennis court, because I am not quick enough to return the ball sometimes. I did this by doing regular bursts of speed running at my MHR every 2-3 minutes while attempting to run 3 laps around the school. This would be like chasing the tennis ball on the court, sprinting after the ball and then waiting for the return.</p>	
<p>Explain how and why physiological responses are applied to training. I could feel the lactic acid running through my legs during the sprinting and definitely after. My heart rate increased majorly after the sprints.</p>	
<p>Explain how your chosen biophysical principles _____ and _____ are interrelated. My strengths were that I was able to go without stopping. My weakness was I could have made a better effort by sprinting more frequently.</p>	

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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?

Continuous training

X 3 per week

70-85% of max heart rate

Why did you apply it to your training programme?

Because I stated in my goal that I wanted to improve my cardiovascular endurance decrease my body fat and work on getting fitter.

Principle of training 2: Rest

How did you apply it to your training programme?

Continuous training

3x per week

Rest every maybe 15min depending on whether I was biking or running

Why did you apply it to your training programme?

To let my body recover after and during my training programme. Maybe after or during a hardworking session.

Strengths of training programme – What worked?

Continuous training because I really liked that sort of activity.

Weaknesses of training programme – What didn't?

Fartlek training because I don't really like to push myself too hard.

What modifications would you make to the application of the biophysical principles used in your programme?

Probably set myself more realistic goals and then maybe try other methods of training that I would be more into. I think I could train up to 5 times a week.

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