

<b>Training Log</b>	<b>Method of training:</b> Continuous training
<p><b>Explain how and why the method of training is applied in your training programme.</b> I have used continuous training because I want to improve my cardiovascular endurance for rugby. Doing continuous training will help me in rugby by making me fitter and I can play a faster better game and also last longer cardio wise.</p>	
<p><b>Explain how and why physiological responses are applied to training.</b> Because I want to improve my cardiovascular endurance for rugby so I can play 100% for the whole game. Doing continuous training will improve my cardiovascular endurance a lot and will definitely help me play 100% for the whole game. Currently I am not as fit as I was last year, and know from the team fitness tests that I need to improve my cardiovascular endurance (for example I got a Level 12 in the beep test last year and only got a Level 9 this year).</p>	
<p><b>Explain how your chosen biophysical principles _____ and _____ are interrelated.</b> The strengths of doing continuous training is that my cardiovascular endurance will increase quite fast and high. The disadvantage is that to accomplish the full potential of the training I have to be fully motivated and the do the exercise at 70% effort all of the time.</p>	

2

<p><b><u>Task 3: Evaluating the application of biophysical principles.</u></b> <b>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).</b></p> <p><b>Method of Training:</b> Continuous training In my training programme I have also been doing continuous training. I have been doing this to increase my cardiovascular endurance. For this to be successful I was running for 25 mins plus 4 days a week at an intensity of 70-85% of my maximum heart rate. My runs had to be over 20 minutes for it to be continuous training. I increased these runs to 40 mins after a few weeks so that it would relate more to the length of the game. The benefits of this work out is cardiovascular improvement and the ability of the heart and lungs to work together to allow greater amounts of oxygen to reach the working muscles. This relates to rugby because I need good cardiovascular endurance to keep up with the game/players. Also having better cardiovascular endurance will make the fitness part of the game easier for me and more enjoyable and I will be able to last the full 80min of the game. I really needed to apply this method to increase my fitness for myself and my team mates so I can be the best player I can be and give my full potential on the field. I believe in the short time that I have applied this method of training, I can see the benefits for myself by feeling fresher on the field, which means that I will play better rugby that will also benefit my team, which is why I wanted to use this method as well.</p>
--

1

5

2

**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?**

All my training days were specific to my sport (rugby). They all had an effect on how it would improve me as a rugby player e.g. continuous training helping me improve my cardio vascular endurance, circuit training improving my muscular endurance and resistance training improved my muscular endurance. These are all aspects that you need for a rugby game.

**Why did you apply it to your training programme?**

I applied specificity to my programme because you get what you train for. I am playing rugby this season and I want my training to be specific to my sport so I can improve and become a better rugby player. Doing specific training methods like continuous and resistance training will concentrate on improving my specific sport, not something different.

**Principle of training 2: Variety**

**How did you apply it to your training programme?**

In my programme there is a lot of variety. I have different methods of training in my training programme so I am improving in lots of different aspects of the body. (I used continuous and circuit). For continuous, I would make sure I ran in different places to make sure there was variety in my runs so I did not lack motivation, for example using the actual rugby field, and then a set run from home using trails and the streets using steep hills and flat parts. If I used the rugby field all the time, I would have got bored, so doing different runs from home added variety for me to keep motivated. Also in circuit training I have different types of activities e.g. skipping speed ladders, push-ups, sit-ups rope climb, pull-ups, boxing. All these activities improve me in different ways also showing lots of variety in my training. The variety of exercises used in circuit training complimented the variety of skills I need for my rugby games.

3

**Why did you apply it to your training programme?**

I wanted variety in programme because it keeps me interested in training (stops me from getting bored) that's why I did a different training method each day and not the same one. If I did continuous training all the time I would soon get bored and lose interest. The variety of runs kept me excited and motivated, especially because I live in a place where a 25 minute run can be done in lots of different places because there are off road trails and steep streets close by. Also having more exercise and methods of training means doing more exercises to improve different aspects of the body e.g. hypertrophy, cardiovascular endurance agility, etc.

4

**Strengths of training programme – What worked?**

I think that the variety of my training programme was my strength, I did not get bored because I made sure there was variety with the methods and different runs and exercises.

**Weaknesses of training programme – What didn't?**

Not doing some runs with other mates to push myself harder.

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

Next time I would meet a mate for the runs from home, and probably someone who is a bit faster than me to push myself otherwise I will just cruise along. I could also get my Dad who runs heaps to come with me and show me some more runs around our area.