

Throughout this training programme I set goals which helped enable me to complete the final event....These goals were checkpoints for me to ensure I was gaining fitness and improving my cardiovascular endurance. These checkpoint goals helped set my outcome goal for the final event. After completing my eight week training programme, on Wednesday 4<sup>th</sup> April, I was to complete a course of; 2km off road run and a 10km mountain bike in a target time of 40.30 minutes or less overall. From my SMART goals previously, they helped me set a time to complete the run which sets the excess time for the bike to be completed in. My goal was to complete the run in 10.30 minutes or less which meant 30 minutes or less for the mountain bike. I completed the overall event with a time of 40.11 minutes. The bike component was a time of 29.16 minutes and the run component was 10.55 minutes. I was pleased to achieve my outcome goal.....

This type of exercise is, as the name suggests, continuous! Rests are not allowed. To achieve this you must exercise at a constant rate which is within your aerobic training zone (60-80% max heart rate). Continuous training should last for bouts of at least 20 minutes (when starting) up to 2 hours or more! (Think of a marathon!). Continuous training helps to develop general fitness and this is the base of all types of fitness. During my training programme this was the main method of training I used. Even though this was the main one I used, I still could have used it more. In my training programme I used this method of training every week, at least once or twice. This was the highest percentage of the one training method, but needed to be more. To make my training programme more effective in improving my performance I should have completed at least two sessions of continuous training per week. The types of continuous training I used were mountain bike rides, runs and walks. The most effective continuous training was the running because it is a higher intensity rate compared to walking or biking. The running effected more muscle components. Biking still affected some muscle components but not as many as I required to relate to the final event. Running, walking and biking all impacted my cardiovascular endurance but I believe that running was the most effective one on my body. The Advantages of continuous training i.e. running, there is limited needs of equipment. Good for aerobic fitness and good for losing weight. Also this training method is relative to the final event as it mainly consists of continuous training. The disadvantages are that it can be boring, doesn't improve anaerobic fitness so is not assisting with the short bursts of speed that I may require in the final event to compete against somebody near the end of the event.....

One of the things that I found was that towards the end of the eight weeks of my training, I was struggling a little with fatigue. In week eight I was finding that during a training run my times were starting to become out of sync with my PRE scale that I was using to measure my intensities. In week eight of training my PRE scale was an average of 6, whereas in week eight of training my PRE scale was an average of 9. The problem was that in the eighth week of training, even though it was a high intensity training scale, I felt that my training in week two was stronger. This was because my body had fatigued from too many training sessions and their intensity. If I was to challenge the notion of 'the more you train, the better you get,' it would be that if you're training with too high a frequency it can place too much overload on my body's systems and as a result, an over fatigued state can become evident. When we were taught the training effect graph it is clear that the body needs enough rest and recovery time in order to adapt, repair and restore its energy supplies. In my final week of training the frequency of training was very low to compromise for the recovery time needed.

Fartlek training involves training at a continuous exercise, but varying the intensity and type of exercise. For example, a running session could include sprinting for 10 seconds, fast walking for 20 seconds, jogging for 1 minute and then repeating this. You can also add in things like running uphill or on sand. I used this type of training towards the end of my training programme to assist my body in understanding when to push it hard and when to take it easy. In my training sessions for this method I did orienteering tracks where I used 20 second spurts every 3mins to up the intensity. The advantages of this was that it was good for sports I do in my own time which require changes in pace, this was not effective for this training programme though. This was easily adapted to suit my level of fitness and sport. Also it enabled me to gain fitness without realising, because it was enjoyable. The disadvantages were that it was too easy to skip the hard parts and so I was not getting a full work out that contributed to my fitness for the final event.

Progressive overload was another part to the training programme that I attempted. The problem was that I was not consistent with this progressive overload. Some training sessions had progressive overload because the intensity was an improved overload in comparison to the previous sessions that did not consist of progressive overload. To improve the effort I gave to this training programme of progressive overload I should have included an increase of either; intensity, frequency or duration in the post training session. This would have allowed progressive overload to occur more frequently.

The application of sport psychology is a way to approach goals and improvements in certain parts of the training or final event. Sport psychology includes many aspects for mental encouragement and event focus. To be motivated in the duration of the event was quite hard for me because my confidence in running the distance of 3km required a huge effort. For me to be motivated in this I had to set goals that helped enable me to finish each training or time trial session. Self-talk was also a handy method to motivate and encourage myself. "You can do it! Don't stop 90 more metres." These sorts of statements pushed me to my limit. Even though some self-talk statements were not beneficial, it kept my head high and pushed my body physically and mentally to my maximum performance. A judgement that I have resolved after completing the training programme and final event is to apply sport psychology a lot more in the final event compared to the training sessions.....

Commodification of sport is closely linked to economics. Using emotional ties with sport to persuade them to spend money. Relating this to my training programme means this question is asked. Would my training have been more effective if I had purchased a new set of running shoes or a heart rate monitor? From my experience, buying new gear or equipment for the event would not make any difference or an improvement compared to not buying a new pair. I believe that it is a mental thought that makes yourself feel that it will make you better, this is an emotional pull. This then makes you think you are performing better. I bought a new pair of runners for the event and my time trials did not have such a dramatic improvement that proved the shoes were worth buying. Heart rate monitor for past events didn't show improvements either.....

Scientism is a part of sport that people use to try improve performance. Scientism looks at the body as a machine. This involves using science to measure how effective your training is. Success is defined by meeting goal times and comparing performances to baseline data. "If it moves, measure it." For example measuring everything about training to determine success – VO2 max, heart rate, stroke volume, respiratory rate and Map My Run. The problem with scientism is that it is classified 'only success if you improve your times by the end of it all.' In my training programme I was really worried about scientism as I was unsure of improving my times each session. However, besides scientism I gained fitness and knowledge of how to train properly for an event.