

One of the first training methods that I used was continuous training. This was the exercising for an extended period of time (at least 20 minutes) to improve muscular endurance and our aerobic capacity. At first the main continuous training I did was by running around Marshall's block which was the distance of 4.2 km. I continued to this on a regular basis as I understood it was necessary in the development of my Aerobic capacity and muscular endurance. Aerobic capacity is the full amount of oxygen that can be consumed by the body in the course of strenuous (tiring) exercise. This energy system lasts from 2 minutes onwards. This covers the entire cardio respiratory system, the heart (hypertrophy), blood vessels and the lungs. With the enlargement of these areas, we are able to improve our performance of running. Enabling to do this, it created a positive effect to the training for the duathlon as the aerobic system is vital for running the race at a high intensity and keeping a good pace. This intensity stayed the same during the whole run. I would run at least 70-80% which is below the anaerobic threshold and therefore I was using the aerobic energy system. This was an effective training method for the duathlon as I was working at a high PRE (7-8/10 perceived rate of exertion) level which will help to adapt my body under the stress of a great intensity that will be needed to help me set keep a good pace throughout the race. So once my body had adapted to the physical demands placed on it having done Marshall's block so much, it meant I would have to increase my distance. I did this by running an extra kilometre each time. This principle is called progressive overload...A negative aspect about this training method is that because the intensity stays the same the whole way, it does not help me to practice for any bursts of sprinting that will be needed at the beginning and the end of the race, or when I want to overtake someone. But this was improved by using the other methods of training such as interval and fartlek.....

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Throughout this course we had to face a variety of challenges resulting in different intensities being exerted throughout. Referring back to my reflection log I say "I found speed play difficult at times as the intensity varied a lot so it manipulated my breathing to go all over the place, a lot of the time it felt beyond the anaerobic threshold." From this example we can see that I did struggle experiencing this form of training as my body was not conditioned to the effects that occur.

The next Factor that had a major influence on our training programme and performance was economics; this can also be made reference to of commodification of sport. Commodification is how media and society can use the emotional ties with sport and recreation to make you spend money. For example the most relevant example of this was with Bikes. Everybody in our class was training with relatively average bikes. Personally I think that we all were achieving fine, until one day one member in our class invested into a professional mountain bike. This immediately challenged the thinking of all of us in the class. Looking at the bike almost made me feel intimidated that I was going to be at a disadvantage in the final event if I was to be using my 3 year old bike. It also appeared evident to me that I was not the only one in my class; I saw this occur when I came time to the share bikes. Immediately everybody would migrate towards the bike that had the flash gears of shiny colour, and the helmet that didn't have Winnie the pooh on it. When I evaluate this it shows that we were falling into the trap of commodification, we had fallen into the mind-set that a better bike will mean better performance. If I was to challenge this notion and ask, is it really going to improve my performance or is it just going to make me feel better or more confident and make me try harder? I think this would prove true, but where does this cycle end? Does it transfer through to clothing, heart rate monitors, running shoes etc? I think from looking at these examples it is very evident that economics definitely did have an impact on sport but I feel I overcame a lot of the issues so that it would not have a major impact my final performance physically and mentally. If I was to modify my programme in regards to the type of equipment in order to improve my

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performance, I would continue to still use my 3 year old bike, helmet and clothing that I did. My results compared to that of another classmate who had flasher gear did not do as well as me, and our pre-test results were the same, therefore I can conclude that my programme was still effective using the gear and the amount of effort I put in.

This leads me to my point in the final event. Why is it that we use time to define our success? Can it not be that we can be assessed on how our enjoyment levels have increased, and seeing the impacts of endorphins have impacted on our performance? For me because I am a competitive person I do use something like time as a driving factor to improve my performance, But it does make me give consideration to those in my class that are not of physical advantage, or are not so competitively driven as I am. How can time be a true interpretation of their success throughout this training programme? As their improvements in time were minor but their self-belief and motivation were great. This leads me to my conclusive idea that although time may be an unfair representation. It will always remain as a benchmark for improvement, but there is no way to ensure how much fun, or an enjoyable an activity will be. But what memory of the final event will remain in a few years, the time or your enjoyment...

During weeks 3-7 of my training program, my training summaries indicated that I was at or above my training frequency goals. For example in week 4 I did 5 training sessions. These training loads consisted of a mixture of fartlek trainings, being my netball and touch games, and an endurance run around Marshall's block. For the level of fitness I had during the time I feel that I had made very significant gains in my Aerobic capacity. This is indicated by my performance check points at week 1 and week 8 My time for the 3km time trial run improved from 15.49 minutes to 14.20 during the period of training from week 3-8. I believe the application of frequency was significant in training the components of fitness of aerobic capacity and muscular endurance. By participating in a large number and variety of training sessions my body adapted to the demands placed on it, and I was able to meet my short and long term goals. Goal setting proved to be an effective biophysical principle that ensured my performance programme was effective. By setting realistic goals based around my pretest results outlined in my log book (20/3, and 27/3, evidence shows progression did occur. On reflection, by goals recognised my current ability and my future potential. Specific short term and long term goals and checkpoints were crucial towards experiencing success and the entire process helped determine my priorities and provided motivation to improve my performance. Examples of my goal setting action plan can be found on pg 2 on my training log book. I found that I was in complete control of whether or not I could reach each goal if I effectively executed my training programme, but also discovered that the uncontrollable factors such as competition from classmates and weather hugely influenced my results (refer to training log dates 24/3). By evaluating each session, I could adjust/tweak my goals and programmes where necessary, eg, on 29/3 I ...

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The first socio-cultural factor that held impact was a variety social factor. I think social factors tie in very much with sport psychology but in a different sense that we use the people around us for motivation, or drive for better results. For example, when we would go out to train for a run I always seemed to start off with the same group of girls, it was as though we had the attitude if 'you do it I will do it to'. This was a continual pattern right throughout our p.e class; this could be considered is a risky factor to rely on motivation, but lucky we all were motivated students and I guess in a sense we were self driven. But as we can see there was a strong social element linked with doing exercise and being able to compete and relate with your peers. Although In saying this I am a very competitive person so I felt that if was running with another partner it meant I was running slowly and I would continually feel the urge to increase my intensity and go faster. In fact I found it annoying running with a person as their breathing patterns, and footsteps would put me off synch. So from this example we can see that social was not a huge factor that was driving my performance...

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