

I used a number of SMART goals in my training programme. The goals were set by myself and my teacher, so they were realistic and really specific. I made sure that each goal was related to the duathlon so on the day of the event, I could put in my best performance and know that if I did all my training and met my goals along the way, I would feel proud of myself. In the final event my total run time was 10.23 minutes for the 2km run, my bike time was 38.36 minutes for the 10km bike and my total time was 48.59 minutes. I am happy with my result because I enjoyed the training program most of the time and it developed my interest in mountain biking which I continue to do on some weekends with my brother. By setting SMART goals, I was able to monitor where I was at and to see if I was on track to complete the duathlon. Goal setting made me stay on track with my training and gave me a focus, so made my programme pretty effective. My SMART Goal 1 was related to my baseline data, and was aimed at increasing my cardiovascular endurance. After completing 2 weeks of my 8 week training programme on Wednesday 8th of February I aimed to finish the 3000m time trial on the running track in a total time of 20 minutes or less ... My SMART Goal 3 was related to my Goal 2 data, to increase my cardiovascular endurance). After completing 8 weeks of my programme, on Tuesday 6th of March I aimed to finish the 3000m time trial on the running track in a total time of....or less. I also developed an **outcome goal** for my final event. After completing my training programme on Wednesday 4th of April I aimed to finish Course B – 2km off road trail run and a 10km off road trail mountain bike in a total time of 40 minutes.

2

Continuous Training was the method I use most because doing the run part of the duathlon required me to run at least two kilometres without stopping and running at a sustainable pace. I also used the fartlek method which usually involved a game of soccer or touch rugby, like speed play. The other method I used in my training for the duathlon was interval training this involves short periods of time doing exercise and an equal period of rest, as you improve you can shorten the rest and exercise time respectively to increase the intensity of the training.....

My training was specific to my final goal of the event, in terms of the fact I ran the same distance or further than I would have to in the final event and I biked 10km regularly during my training program which prepared me for the final event. The environment I had to work with for my training program was not specific enough and was not similar to the terrain that the final event had, this could have influenced my progress negatively as I wasn't use to running or biking on off road rough surfaces. I had trained for the first six weeks solely on tar sealed roads and the running track at school which is grass. My training program was not specific enough for the biking part of the duathlon because I didn't have the right environment to train in. The roads I trained on were very different terrain to the tracks, if I had been able to train on the track twice I week it would have significantly improved my end performance. Training in specific environments is a good way to make improvements to times and fitness, as it required different techniques to bike on the road compared withmountain bike track.

1

I achieved my aims, goals and objectives of most of each session throughout my program because I worked hard and was determined to do as well as I could. In week four I ran three times and did an hour and a half of horse riding because I could see that I was improving and that I was on my way to meeting my end goal. In the early stages of my training program I was able to make better physical gains.....

Progressive overload helped me improve faster than just doing the same thing over and over. I increased the distance that I ran and not walking for the full time of the run and how quickly I ran. This affected my training program positively as it meant I improved at a steady pace.

Having rest days where I did no exercise helped my body recover from long or difficult running session. By increasing the amount of time I was exercising for this increased my fitness level and meant I was working at an average of 7 on the PRE scale. My training program was supposed to be eight weeks long but in the final week I wasn't motivated and didn't do any exercise until the final event a week later I didn't focus too much on scientism with my training program because I felt it was important to also look at my success with doing more exercises that I would normally, feeling healthier, have fun with my peers and trying a new skill which was mountain biking. It was an important part of my training to look at my times and VO2 max to see if I had improved and by how much. On most occasions as I did more exercise e.g. running I noticed that I improved every time even if it was by a small margin.

Healthism: I think that my training program did influence me to think that my personal health is my responsibility and that a body and a car are similar in the way that they both need to be maintained. If I don't maintain my body by eating well and exercising regularly it can cause mechanical problems for my bodies. My brother re-enforced this idea for me because he is very fit active and healthy, where as I am not very fit or active and I get sick more than he does and have ligament problems that would be improved by exercise that builds muscle. Health problems can be genetic or hereditary however often they can be improved by doing exercise and being more active.

Gender Stereotypes: Different genders benefit from more because of their gender when doing certain sport. Gender can be an advantage for example males are better at rugby then females because they are stereotypically more aggressive than females. The differences between males and females are instilled in each gender from birth, pink for girls blue for boys. Barbie's for girls and Action man for boys, it shows that society has certain expectations form different genders. Males will be strong, fast and aggressive and females will be pretty, wear dresses and cook.

Gender stereotypes affected my training because I felt like I was supposed to be more co-ordinated and not aggressive and still had to maintain a certain amount of grace. Being a female meant that I shouldn't be as aggressive as the males who were all a lot faster than me and the males were very competitive. I was told to just have fun and do my best, I wasn't motivated by my peers, family or friends in the same way that the males were, they were told to train more go faster take risks. Because of this, I wasn't as aggressive as I should have been in my training, and looking back now, I think I should have trained harder and more aggressively.

Overall I would say my training program was successful not only did I improve my fitness and improve my times by minutes each time, achieved my aims, goals and I had fun and enjoyed the training program. On Tuesday the 6th of March I completed my 3km time trial in 16.50 minutes. I improved my initial time of 19.20 minutes by 03.30 minutes over a number of weeks I was pleased with my improvements which resulted from having a successful training program. It was good havingandas running partners because they motivated me to keep going and do better. The biking and running through the township of was a big motivator for me as I didn't want to be seen slacking off or not doing well, also is a more enjoyable environment to exercise in. Biking on the track at was a new and fun experience for me so I enjoyed biking at the venue. It was also helpful that my teacher was able to organize to take us to before the final event so we knew where we were going and what to expect.