

SMART Goal 1 (related to my baseline data – increase cardiovascular endurance). After completing 2 weeks my 8 week training programme on 16th of February I aim to finish the 4.2km time trial of Marshall's Block in a total time of 25 minutes or less... **SMART Goal 3** (related to my Goal 2 data - increase cardiovascular endurance)After completing 8 weeks my 9 week training programme on 22nd of March I aim to finish the 4.2km time trial of Marshall's Block in a total time of 19 minutes or less. I have also developed an **outcome goal** for my final event ...I aim to finish Course A – 4km off road trail run and a 10km off road trail mountain bike in a total time of 45 minutes.

...When it came to my final event, I did not meet my goal by achieving a time below 45 minutes. Instead I finished with a time of 46:15. There were many factors that contributed to this, mainly biophysical. I feel that I wasn't in the best fitness when I reached my final event as the weeks leading up to it I had lacked frequency, specificity and progressive overload in my training sessions, which caused my fitness to slowly diminish. However, the catalyst behind these biophysical factors was actually the sociocultural influence on my programme, as I was affected by my schooling, and other social influences that caused me to train less.

Throughout my training programme, I focused on continuous training in each of my sessions. For example, my programme largely consisted of Marshall's block runs, where I would run at a continuous pace for 4.2 km. In doing this, I developed my aerobic endurance over time which allowed me to run faster as well as muscular endurance which allowed me to run further without fatigue. Marshall's block was a good starting place for the development of my fitness. However, I needed to also incorporate training for the biking leg of the event also. To be specific to the odyssey, I would create a routine of Marshall's block where I would run 4.2km and then do two laps of it on a bike. Although this was specific for developing my running ability, I found that the biking leg lacked specificity as it was not all terrain, but instead long well paved roads. This would not help in the long run as the course for the final event is long, windy, and the terrain is constantly changing. Furthermore, in the 10km bike, I ended up using fartlek training rather than continuous as I would pedal aggressively down straights but slow down on approach to corners. Therefore, for my training for the biking leg specifically, I needed to make sure that I was working toward my goal and not doing anything unnecessary. I achieved this by training on the actual course itself, as well as just training on the open road.....

Progressive Overload played a big part in my training programme. I quickly realised that if I was not constantly extending my training sessions, in distance, intensity or duration, then I would not improve. As it became easier to run Marshall's block, I began running further distances to achieve progressive overload. This began with running in my own time at a new course which was 4.8km rather than the usual 4.2km. To follow this up further, when I ran Marshall's block again I extended it by running down an extra side street which made the distance approximately 5km. Alongside increasing the distance, I began to run for longer, and with a higher intensity, which saw my times improve drastically. I ensured in every session that progressive overload was reached as it was crucial to my development..... The frequency that I trained played an important role in the development of my fitness. I began training more frequently, on some weeks doing fitness related to my goal almost every day. Because of this I had a stage in time at about the 8th week of training where I was training at almost my full potential and was seeing great times and results. However, school work, and other commitments began to take over in the weeks leading up to my final event and my frequency decreased. Due to this I began training a lot less and therefore my fitness slowly began to decrease to about where I was after 5 weeks of training, which was nowhere near my actual potential. When it came to the final event I failed to reach my goal as I did not continue a steady frequency throughout my programme ...

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The intensity at which I trained contributed to whether or not I actually improved in my fitness. If I did not train at above 50% intensity in each of my training sessions I would not actually make any physical improvements or gain. I realised this as I would train approximately 3 times a week, but in those sessions where I was not working hard enough, the training sessions that followed would be a lot more difficult as I had not actually improved, but detrained due to such a low intensity. Because of this I needed to make sure that all my sessions were above the minimum threshold in order for advancement in my fitness.....

My confidence played a huge part in my training programme. I had to ensure that I had good self confidence in order to accomplish something. If this confidence lacked, I found that I would not complete my goals or beat personal bests as I did not believe in myself to do it. I found that when I was confident enough about a session or event, I did very well, due to this boost of self motivation. All in all, confidence in myself was crucial to performing at my best.....Ensuring that I was motivated towards something was important to the overall success of my training. If I was to do an event I did not actually feel up to doing, or did not care about, then I would surely put little effort into it, which would reflect badly in the results. For example, when running Marshall's block, I ensured that each time I was trying harder than the session before, in order to beat my personal best. However, if I had completed multiple trainings that week and was quite fatigued, then I would be less motivated to keep up a high PRE (perceived rate of exertion) throughout the entire run. The result of this would be that I came nowhere close to beating my personal best.....

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One of, if not the most important psychological factor to me, was goal setting. Every session I trained, I would create a goal for me depending on how I was feeling that day and my perceived ability. For example, ...The Economic factor affected my training programme significantly in a variety of ways. Firstly, the cost of training toward my final event seemed to be one of the most influential factors in my training programme. Because I did not have a lot of money to spend on my training regime, for example petrol to go to specific places such as, I was restricted to particular training areas around, although they had little specificity toward the final event. These included Marshall's block and Sheat's block, which were open road loops where I would practice my continuous training. These areas were in no way specific to where my final event took place, as consisted of varying rough terrains and tight corners, to which Marshall's or Sheat's had little comparison, except for the similar distance. If I had more money to spend on petrol and time to train I would have gone to regularly, to specifically train to my goal, rather than just training on a few particular courses in, that weren't actually going to help me in the final event.

Secondly, the Commodification of sport was significant to the Economics of my training. Every day, I am constantly reminded that better equipment, means a better performance when it comes to training from advertisements, and professional athletes. Because of this, I was under the influence during my training programme that if I did not have the most up to date equipment, then I would not be achieving my full potential. When it came to my training sessions on the bike, I would not have a bike specific to my training, or own one at all for that matter. I would constantly be borrowing and changing bikes, and because of this I would lack consistency in my sessions as some bikes will be completely different to others. When it came to my final event, I was to use a road bike on an off-road course, with only the front tyre changed to deal with the terrain. Because of this I would slide around corners every so often in loss of traction, as my bike had two completely different tyres, with the frame itself not designed for off road use. In this aspect, I feel that the commodification of sport was significant to my result, because I think that if I actually had a mountain bike, that was reliable and designed specifically to the event, then perhaps I would have performed better. Most other aspects such as Lycra suits, and pedal clamps were insignificant to my training as I know that they would not really matter in the final event, as majority of the equipment itself will do little improvement. The only trap I fell into with commodity was in wanting a better bike more suited to the environment in hope that it would make me perform better, when in actuality it may do nothing at all.

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