

Student 1: Low Excellence

NZQA Intended for teacher use only

S.M.A.R.T Goal 1: (related to my baseline data- increase cardiovascular endurance) after completing 2 weeks my 9 week training programme on 16th of February I aim to finish the 4.2km time trial on the ... S.M.A.R.T 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 on the ... running track in a total time of 20 minutes or less. After completing 8 weeks of my 9 week training program I was able to run 4.2km in a time of 19.53 minutes. This result means I achieved goal 3... I also developed an outcome goal for the final event. I did this so I had a time to aim for on the day of the event, after completing my 9 week training program on 4th of April I aim to finish Course B – 3km off road trail run and a 10km off road trail mountain bike in a total time of no longer than 45 minutes. I achieved this also as I completed it in a time of 42 mins 36 secs.....

Continuous training was the main MOT that I structured my fitness programme around, with most training used across the programme using duration over a time of 30 mins and increasing this as the programme went (see progressive overload) e.g. where I increased my training run from 35 mins and working within my aerobic threshold to 42 mins and still remaining within that threshold. It involved an activity which was done constantly (without rest) for a period of time at a set intensity. This system meant that you worked in your aerobic thresh hold, which enabled me to enlarge my cardio respiratory endurance, which in turn improved my overall fitness. Due to this my VO2 max (volume of oxygen- in litres per minute) would have increased, even if the benefits were minimal. With this type of training maximal oxygen uptake is a good way to determine an athlete's ability to perform sustained exercise. Generally it is seen as the most accurate indicator of improvements made to aerobic fitness. However along with this, muscular endurance was also developed, via exercise which required my muscles to repeatedly carry out several actions at a set intensity. Coming from a background of little fitness this was a component that took pain to establish. This was due to weaker muscles being torn, which in turn resulted in them becoming stronger. However due to that process DOMS (delay of muscle soreness) was something I felt strongly in the first couple of training logs- due to previous lack of exercise. So I believe that continuous training was successful as time went on I could run for longer up to 60 mins by the end of the programme, I had less DOMs and I achieved all most of the goals (except SMART Goal 1).... Specificity was a principle formed that was designed to train your body as close as possible, to performing movements that would take place in the final event. By mimicking/ replicating similar actions, your body was able to adapt and therefore develop strength to components of fitness that would be specific to the final event. I did this by using the continuous training mentioned prior. However specificity didn't only relate to the type of training I was doing, but also to the environment in which it was taking place. If I was to train for an open ocean swim, in a dead calm 20m swimming pool, the conditions would be completely different, to what I was preparing for. I will take the same argument for the biking component of the duathlon, as an opportunity I got to train was often on an open road, which was straight for several km. Because of this, I was not preparing for the technique aspect of the event, which could have been hugely improved by me being exposed, more often to a similar environment. Out of all my training sessions I only once touched my bike down on an off road track as evident in my training log dated 25/3. This definitely would have been an aspect of the specificity I would improve in future training programmes. I would question the type of event that I participate in the future in regards to where I live/work to ensure that if I picked a technical off-road course, I should have easy access to off-road tracks, otherwise I would be more suited to find an on road rather than an off-road duathlon which would allow me to specifically compete on the type of surface I train on. Next year I plan to study in Auckland, and will have no car, therefore in order to keep my training specific, I would need to train for an on road duathlon, using the roads, paths and possibly an outdoor cycling track as I will not have the

1

2

transport to get to the tracks/trails required to specific training for the off-road events.

Intensity was a principle of training that coincided smoothly with progressive overload. It was an aspect measured by the fatigue felt by me at the end of a training session. Depending on how hard I exerted myself throughout the training would vary where I was rated on the PRE scale. The PRE scale measured your perceived rate of exertion- in simple term how hard you pushed yourself in the training. As shown on my graph (from my logging) my intensity wasn't constant, however this could have been balanced out but the time of that training session, as if I was to exercise at a high intensity it would often be for a short amount of time. However if my intensity was low, it could have been for when I trained over a longer period of time. There wasn't much I felt I could critically analyse about this principle of training as almost every training session I felt as if I was taking it up another notch, either with time or intensity. If anything I could have been more exact about what the intensity was by setting target heart rates etc ... rather than just what I perceived it to be as this can differ in terms of how you are feeling physically, mentally, what you have eaten etc...

Modern sport is becoming more and more like an item that can be simply purchased off a shelf. Rather than it being a way to have recreational fun or test your physical ability, it is now turning into a competition of who has the flashiest gear. I have assumed at the start of some triathlon races that particular athletes must be professional ones with the full carbon bikes, aerodynamic helmets, and top of the line sportswear, however, the ones I assumed would place in the top 3, simply did not! This then made me question does the flashiest gear really make a difference to the final performance? The commodification of sport is something becoming very prominent in our society. When competing in races athletes don't feel the part without all the high tech gear. But does that extra \$5,000, to take off 25g in weight with a more 'aerodynamic' helmet, really give you a huge advantage? Or is it just a psychological game? In my personal opinion commodification of sport has been something blown way out of proportion. Over-rated. For me this whole commodification business is just out to drain people's pockets, as they are gaining not much I return. All the flash equipment is advertised to have better aerodynamics etc. but even if that were true, how much of an improvement is that going to make to your performance. Yes, for sure I definitely think that the commodification of sport comes with its advantages, as it can give you a very false sense of security, and synthetic belief of improvement. Which in turn defiantly increases your motivation. But how much of a price are you willing to pay just for a motivation booster? I definitely believe that, to a certain extent, equipment can help aid you into improving your ability. However, when it comes down to the T it can be a very fine line between investing in a quality product and throwing your money towards nothing but thin air. Over the last 30yrs- roughly, commodification of sport has increased dramatically. Sports are now being viewed as a business, as they are being turned into something that can be sold/ purchased. Due to the tricks of the media, people are being sucked in to buy up big for recreation.

1

In preparation for the final event commodification wasn't something that affected me largely as a person. However I would have to admit, having a flasher bike definitely would have made me train harder, and want to be out there more giving it a spin. Plus if I had been able to train with a heart rate monitor, my motivation and effort would have defiantly increased. This is mostly due to the HR monitor not being able to lie, so my improvements would be very precise and I could structure my training a lot better, depending on where I was at. However, even though all these things would be nice, they weren't hugely necessary as there were other ways of motivating myself to gain improvements. Although if I was given the opportunity to use high tech gear, I wouldn't turn down the opportunity, as I know it would have directly had a positive influence on my performance...

2

In the future, a way to improve this aspect of the training programme would be to set up a course that replicated similarities to the course...