

I believe that the application of frequency was significant in overloading my bodies system (cardio vascular and muscular). By participating a large number of training sessions during weeks 4 to 7 my body adapted to the demands placed on it...

4

One of the major influences on improvement in my running and biking performance has been the application of frequency. Frequency is a principle of training that relates the amount of training sessions that an athlete undertakes in a given week of their training programme. In training for the duathlon it was vital that I was training a minimum frequency of 3-4 times per week which was maintaining my fitness. But more sessions were needed to improve my performance. As I am a competent athlete in relation to aerobic training my body is able to cope with the demands of training at such a frequency. During weeks 3 to 8 of my training programme my training summaries indicated that I was close to achieving my goals and improving my times running Marshalls Block. For example in week 7 I trained 4 times. Theses training loads consisted of 3 runs and 1 one hour circuit. For the level of fitness that I had during this time I feel that I made very significant gains in my aerobic capacity. This is indicated by my performance check points at week 4 and week 7. My time for the 3km time trail improved from 22.10s to 20.20s during my period of training from week 4 to 7.

2

Progressive Overload - Training activities must be continually made more 'intense' to continue to apply overload to the different components of fitness. Overload can be applied by manipulating the time and intensity of a training programme. Rest - Training programmes must incorporate sufficient rest periods in order for the body to recover and make adaptations. Time - The length of a training programme and session. The duration of a training programme and session must be long enough for improvements to take place. Intensity - This is how hard you are working during your training session. This is also how you measure the overload that is being applied to your body. You need to be working at a suitable level to gain improvements- but not too hard, to cause injury.

A method of training that I used was Fartlek, which means "speed play" in Swedish. Fartlek Training is a training method that blends continuous training with interval training. The variable intensity and continuous nature of the exercise places stress on both the aerobic and anaerobic systems. Fartlek is unstructured and intensity and/or speed can be varied whenever the athlete wishes. Most fartlek sessions last a minimum of 45 minutes and can vary from aerobic walking to anaerobic sprinting. Fartlek training is generally associated with running, but can include almost any kind of exercise. Fartlek training is so successful because it can be adapted to the needs of the individual. I used Fartlek training when I played netball which was 3-4 trainings a week. This method of training was effective because it put pressure on my aerobic and anaerobic systems. However this method of training was not specific to my goals or specific in the type of training that I needed to complete the final event but I was using a high intensity and getting my heart rate up which was relevant to my final event. I made a judgement that the event would be aerobic based therefore choosing continuous training. My judgement was effective because when completing the final event I mainly used continuous training and it was aerobic based.. I chose continuous training because it was the most specific method needed for me to complete the 2km run and 10km bike in under an hour and meet my goals. Continuous training involves continuous activity without rest intervals. This varies from high intensity continuous activity of moderate duration for example when doing the 3 km time trail to low intensity of extended duration, for example, when doing Marshalls Block-4.2 km. Continuous Training was effective because it trains my aerobic capacity and muscular endurance both which are needed to complete the duathlon. Aerobic Capacity is the ability of the body to continue

4

1

to produce energy aerobically and using this energy to perform tasks involving the whole body for extended periods of time. This is because it puts 'stress' on your cardio-vascular system and also requires muscles to be used over and over again. The improvements in the aerobic system created by continuous training allows me to reach an aerobic steady state faster, accumulate less lactic acid, and recover more rapidly between efforts or after exercise. By using continuous training I knew I would be running for a period of time and I wanted to improve my energy systems so therefore I would receive a good time and achieve my goal in completing my run in under 15 minutes and completing the event in under 60 minutes.

Motivation is defined as the process that initiates, guides and maintains goal-oriented behaviours. Motivation is what causes us to act, whether it is getting a glass of water to reduce thirst or going for a run. By training at school with my friends and ... encouraging us I began to enjoy training and had fun while doing it. If my friends were running I began to become motivated while at school and also outside of school. By working with a partner it also gave me the motivation to want to train and get a good time. Motivation had a positive effect on my performance because for the final event I was excited and was enthusiastic and wanted to perform well. By running with ....for the final event, I was motivated and we both wanted to do well, this gave me motivation and I tried my hardest and enjoyed the event. For the mountain bike I was biking by myself for the first 2 km, during this period on the course I was not motivated and did not bike as fast as I could have due to fatigue, and a lack of motivation and confidence. During the last 8 km biked with .... really motivated me as she was behind me and I knew that I needed to keep up the pace and she directed me where to go as I had not been there before and this gave me confidence and motivation instead of being on my own. Motivation had a positive effect on my performance because I pushed myself and worked with my friends and peers to motivate each other.....

3

The Environmental factor of SPEECH had an effect on my training programme. This is because I was not training in the specific environment. For example when training at school I ran around Marshall's Block which is on the road or at on the school field around the 400 m track.. For the final event it was at a Pine Location .....This had a negative effect on my Overall performance for both the run and the bike because I could not train at the specific location and did not know what the terrain would be like for the run or the Mountain Bike.....

Gender considers the characteristics of males and females and the differences and benefits of one gender over another in specific sports. I was brought up in a sporting family and have played sport from a young age. My performance was not effected by gender stereotypes during my final off road event. All of the males in the class are at a higher level of fitness and are of higher strength than me. However I was not effected by this as I did not see the event as a competition I saw it as a personal challenge and I wanted to perform to the best of my ability. Generally those who are the most aggressive at sports have more success. I believe that I could have been more aggressive the biking throughout the 10km and therefore I may have finished the event with a faster time. I also am not a risk taker, during the mountain bike I was not very confident at the start I went relatively slow around the bends and over the bumps. I was quite heavy on the breaks due to not having the experience of mountain biking before. Also I had not practiced my transitions between running and biking, others in the class had very good techniques but I was not very confident as I had not prepared for transitions. Overall I believe that the idea concept of gender stereotypes did not have a negative effect during my final event.

5