

Student 4: High Achieved

NZQA Intended for teacher use only

My outcome goal is to complete a 2km run, 14 km cycle and 2km run mini duathlon in 40m 12 s

Strategy: Goal Setting

From my research, I know that my goals must be SMART goals. This means they need to be specific, measurable, achievable, realistic/relevant, and time bound. Making S.M.A.R.T goals ensures that I have something to work towards and that what I am aiming for is achievable. If my goal is achievable, I will be stretched slightly which means that I will be motivated to keep training because I know I can succeed. If the goal is too easy or too hard, I will be more likely not to achieve my duathlon outcome. I know I can achieve the time of 40m 12s because in the practice duathlon I ran in 45 m 12 sec and my running times for 2km were each 10min. I should be able to take 5 mins off my bike time as I will be getting some more technical help from the school's cycling coach. One of my short term goal will be to cycle is to join the school cycling team's training session for at least 3x trainings/week. My other short term goals will be learning goals as I have never biked before. This is relevant to help me to complete my duathlon outcome faster. The coach will be able to help me with the technical aspects of the bike discipline. Having short term goals which I reflect on and adjust regularly is important so I will be able to keep making progress. For example, for cycling ... For running, (see blue highlighted section of my intended training programme). I know having goals will help me to provide direction for my triathlon. I will also have to make sure there is a set time frame to achieve my goal that is written down and shared with others. For example, I plan to complete my mini duathlon 2km run, 14km cycle and 2km run in 40m 12 in the community event in 8 weeks. I intend sharing with my teacher, training buddies and in my diary. This means (see the green highlighted part of my intended training programme).

1

Strategy- Methods of Training (Continuous and Interval)

The methods of training I plan to use during my training programme are continuous and interval. The main reason I will be using these methods is because they are specific to the requirements of the duathlon. Continuous training will help to improve cardio vascular and muscular endurance (these are important components of fitness for the duathlon) because it involves exercising aerobically without stopping for at least 20mins. The mini-duathlon is a continuous event that involves running and cycling and it takes place over a long period of time (about 45 mins). When doing continuous training, I will also need to make sure that I am training at the correct intensity between 60% and 80% of your maximum heart rate, so that my aerobic system becomes familiar with what is expected in the final duathlon. This means that it is more beneficial to your body because it helps it adapt to running or cycling long distances without stopping which will provide me with a good aerobic base. Therefore, the more work I will perform aerobically, or in the presence of oxygen, the more efficient I will be. Prolonged aerobic training produces muscular adaptations that improve oxygen transport to the muscles, reduces the rate of lactate formation, improves the rate of lactate removal and increases energy production and utilization. These adaptations occur slowly over time. Some examples of how I will use continuous training during my programme to build my aerobic base can be seen in my intended training programme highlighted yellow.

2

I also plan to include interval training into my training sessions, this involves short bursts of speed which will help me to train for the transition between legs e.g. run to cycle and cycle to run. It will be especially important to help me maintain speed in the last 2km run of the duathlon, I want to be able to do my last run quickly, therefore by including interval training it means that my muscles should get used to changing speeds quickly which will then help me to have a smooth transition from run to cycle.

Strategy- Principles of Training (Variety)

Variety is also important to add into training programme as it ensures that you don't get 'bored' and that you are motivated and enjoying training, this will help to achieve your goals. When training for a physical activity such as a duathlon you only need to be training for running and cycling but after doing this for a few weeks you will start to become less motivated because you want to do something different. Variety ensures

that you are doing different exercises and training which still helps to improve important components of fitness and also so you stay motivated and train hard. Allowing there to be some variety ensures that you will stay focused and training which will all then pay off at the end of the final duathlon e.g. I will add in a different training session once or twice a week such as going to the gym or doing a circuit. This allows me not to stay focused and not become bored.

Trialling and Adjusting

Having completed a training programme before, I know what I need to include (Methods of Training) and how long I need to be training for to see improvements in my fitness. I think that I have used the correct knowledge in my training programme as I improved my run times, therefore I know that the Methods and Principles of Training that I have included are working and helping me to improve my overall fitness.

Reflecting on my goal setting, I tried to achieve my outcome goal of 40m12 s for the mini triathlon at the 4 week time trial over the actual community event course. I was able to make small gains in my training to both my runs in my mini duathlon practice. I made improvements in both my runs, my first run improving by 12 seconds and the final run by 1 min. My final practice time for the mini triathlon ended up at 44 mins. Even though I am still way off achieving my outcome goal. I did achieve attending the 3 cycling sessions each week. However, I need to be able to set SMART learning goals as there is so many technical aspects for the bike discipline to learn. For example, drafting, transitioning between the run/bike/run. I did learn how to set my bike up so I am now more efficient. I feel my running training was compromised due to the time spent on my bike.

3

So now I am going to have to adjust my mini duathlon outcome goal to 42 mins from 40m 12 s to make more achievable in the 4 week time frame I have left to train. Also I will have to include more short term goals focusing on learning how to pace myself and the transitioning phases of the run to bike and bike to run) in the final 4 weeks of my training to be able to be to achieve my new goal. These adjustments will allow me to... For example,(see my diary reflection).

4

Reflecting on my continuous training, I know I need to train doing longer distances so that I am stronger when running the run section without stopping and at a constant pace. I think I will need to start building up to longer distances on the bike to be able to complete the mini duathlon to the best of my ability. While this will benefit my cardio vascular and muscular endurance, it will give me more time on the bike to be more efficient with when to change gears and how to bike as effectively as possible, for example, the line to take on the road depending on the camber. This will help with achieving my mini duathlon goal.

3

I know that I will need to adjust my training programme to include progressive overload because now I am becoming fitter, in order to keep improving I need to start putting a bit more stress on my body. I will do this by gradually increasing my runs from between 2 - 4km to improve my cardiovascular endurance. Also for cycling, I will gradually increase the cycle distance each week by 2 km each week. This means I will be slowly progressing build up my aerobic capacity and muscular endurance so that I can achieve my outcome goal to complete the mini duathlon in my new adjusted time (see goal setting strategy). The new revised training programme shows these adjustments in the final page.

4