

My final outcome goal for 6 weeks is to run the GV 5.2km run in 26m 30s on the 1st of July.

Student 6: High Not Achieved

NZQA Intended for teacher use only

I need to set goals so I have a target to work towards. Also it gives me extra motivation as I will work harder to ensure I achieve this goal. Having a goal helps me plan my training and I can have check points along the way to make sure I keep on track.

Strategy 1 Methods of Training - Circuit Training and Continuous training

Squats: Squats involve crouching down with my legs shoulder width apart. I had to do as many squats as I could, as fast as I could, in 50 seconds.

Skipping: Skipping is when you jump over a rope. I had to do as many skips as I could, as fast as I could, in 50 secs.

Jump lunges: This is where I had to do a lunge and jump in between while I swapped legs. I had to do as many jump lunges as I could, as fast as I could, in 50 seconds.

Jumping: This type of jumping involved jumping onto a box, then back onto the floor as many times as I could in 50 seconds

.... The Indoor Circuit involved all types of exercises, so I could use most muscle groups in the body, for example, quadriceps, calves, biceps, triceps, gluts, shoulders, abdomen, back, hamstrings, etc. For the indoor circuit training, a short term energy system is used. The Anaerobic system will... (see training log).

I need to apply continuous training to build up my cardiovascular endurance. This is because (see reasoning in my intended training programme). For example, I will start at the wooden benches on the side of the field, then run on to the field, going around two poles on the other side of the field, this simulates running around objects, on the GV run. Then I will run up the big steps on the slope of the field, to simulate running up the big hills on the GV run. Following this, I will run along the footpath, along the top of the field until I reach the beginning of the circuit again at the benches. I will do 10 laps of this 5km circuit, so it will simulate the same distance as the GV run, as well as the same type of conditions, for example, hills, obstacles and different types of surfaces like grass and mud, concrete and roads.

1

I felt I did well in this type of training, as I completed it in 28mins. This made me feel confident about being able to reach my final outcome goal.

2

In the next 3 weeks, I could improve my training by changing my methods of training. I would do more training that is relevant to what I am training for. Also I was not applying enough overload, so to apply overload for the next 3 weeks I would train more at home not just twice a week at school. I have to train at home at least 3 times a week to achieve overload in my training, if I train this much in the next 3 weeks this shows that I am applying overload.

3

The type of training I will do in the next 3 weeks will mostly be continuous training which will include running continuously, in the first week I will run 5.2km, in week 2 I will run 5.5km and in the third week I will run 6km. Also to add variety I will do some circuit training.

Strategy 2 Progressive Overload

I need to apply Progressive Overload to my training for the 5.2km GV run because I will need to add greater stress loads each week and recover, in order to decrease my run time. For example, I can increase the intensity, distance and frequency. (see highlighted sections in my intended training programme). This is important for making improvements in my muscle mass, fitness and stamina, to help me achieve my goal of running 5.2kms in 26m 30s

I will use Non Aerobic Circuit Training which includes 7 or more different exercises, for example, Shuttles, Burpees, Squats, Bear Crawls, Farmers Walk, Lunges, Star Jumps, etc. I will do 50 seconds per exercise and have a 10 second rest in between each set. To apply more Overload, each week I will add one more activity to the circuit and increase the amount of time spent on each exercise, by at least 10 seconds. Also increasing the break in between each exercise.

1

For this circuit training, I will chose Aerobic exercises that have a High PER (8-10). Also at school, I will do a 4.5km run (9 laps of 500m circuit), this has a PER (intensity) of 8. I will do this once a week to ensure we are applying overload. To increase the distance, I will run 1 lap more each session, so when I do it again, the second week, I will run the 500m circuit 10 times (10 laps/ 5km).

This strategy is working, because the first time I ran the circuit, I completed it in 28 minutes and then the second week I ran it in 27 minutes. This decrease in the time taken to run the circuit, proves that my fitness and aerobic ability has slightly Improved. Also, I can see that my muscle mass has increased and I have gained 2kgs in weight over all.

2

What I could have done differently is increased my Progressive Overload a little bit more so I was pushing myself harder rather than staying in my comfort zone. This would have given me a better improved result. If I increased my Progressive Overload I would have seen increased muscle size, improvements in my strength and endurance. By seeing good results I know this motivates me more.

3

Strategy 3: Social Impact

This strategy, social impact, is where I work out with a friend, rather than alone.

The benefits of this include:

Accountability: You schedule in training time and if you cancel, you will be inconveniencing your friend. Knowing your friend is waiting for you, you will be less inclined to make excuses and cancel, because you don't want to let your friend down.

Motivation: Friends can offer encouragement to keep you going, especially when you feel like giving up.

Learn more Moves: Friends can teach you new exercises and circuits and they can point out things you might be doing wrong.

Two Person Exercises: A partner can help you do exercises that require two people, like medicine ball passes, crunches, push ups etc.

Competition: Your friend may be fitter, faster or stronger than you and this can help you increase your intensity and workout time.

Avoiding Boredom: Having a partner can give you more options, like new exercises and greater intensity.

Having a Free Personal Trainer: A friend may be able to help out as a Personal trainer, especially if you have similar personal Fitness goals. They don't cost anything either.

Avoiding Injury: Having a friend train with you can help if they act as a spotter. They can help count reps, check your technique and help make adjustments before you injure yourself.

Having Fun: Having a Training Partner is more enjoyable than working out alone.

One of the main benefits of working with a partner, is helping to keep me motivated and train harder, so I can make greater improvements, than I would, if I trained alone.

By working in a class group situation, I was able to pace myself against the group and also watch other people's technique. This helped me with my training, especially when I felt like giving up.

Being part of a group means we were able to offer each other encouragement which enabled me to carry on and made me see that I can achieve my long term goal. I enjoy working as part of the group because it makes me more competitive when I see someone performing better than me, it makes me want to catch up to them.

What I learnt about myself during this process was: I train harder when I work in a group or with other people, rather than training alone. This made me want to compete with them and made me want to succeed. I found this was also a good strategy to help me not get bored and keep focused. This was a good way to help me not give up on the task.

While these strategies I used worked ok, and were successful to a degree, I believe that over the next three weeks I could've changed my strategies to get an even better result and increased my level of fitness even more, if I had done a few things differently.

Some of the things I would have changed include;

Each week when I'm not at school, I would've trained more with a friend. So I would stay motivated to train after school even if I was tired, or could not be bothered to work out when I came home from school. ...