AGREEMENT

Student name:

Institution affiliation:

Date:

**Agreement**

Endurance is crucial in sports because athletes need to withstand the demands of the sport while in action. Therefore, training focuses on endurance as one of the essential aspects. The athlete’s body and organs need to be prepared for the rigor that comes with actual matches in competitions. Some of the significant elements in endurance training include VO2 max, endurance base, and tissue respiration capacity. I agree with the author that in training, these elements can be improved using continuous runs. Continuous runs help endurance because they demand consistently from the athlete’s body to withstand the strain. VO2 max is significant for athletes because it determines how long they can withstand the strain that comes with the physical demands of sports (Koc and Saritas, 2019). Incremental exercises like 800m run demand oxygen consumption, and the rate of the consumption determines how fast a runner can tire while in action. 800m runners should do continuous training in runs to increase their VO2 max to maintain the maximum speed needed for them to compete effectively. Koc and Saritas (2019) say that for 800m runners, continuous runs in training should not go beyond one hour. These runs should also be of moderate intensity. Coaches and athletes should also consider not increasing training beyond 5-10% per week to avoid overuse injuries.

Rolnick and Schoenfeld (2020) say that interval training serves the needs of the athlete more than continuous training, sentiments that are in agreement with the author. Rolnick and Schoenfeld believe that this training is more efficient in improving an athlete’s performance than continuous training. However, the athletes must do continuous training first to improve their physicality before they start doing interval training to avoid overtrained or overuse injuries. Interval training allows athletes to recover between sessions so they can come back stronger. The intensity of the exercise should influence the recovery time between the end of one session and the start of another. Physical activities are very demanding, and they may lead to injuries if the athlete doesn’t plan their training well. Rolnick and Schoenfeld (2020) recommend that an 800m runner do a warm-up before embarking on complex exercises. The warm-up should be around ten minutes of dynamic stretching to prepare the body for more intense exercises. Examples of warming exercise the athlete could benefit from including stride-length runs, inchworms, leg swings, lunges, high knee walks, high knee skips, eagles, and hip circles.

**References**

Koç, M., & Saritaş, N. (2019). The Effect of Respiratory Muscle Training on Aerobic and Anaerobic Strength in Adolescent Taekwondo Athletes. *Journal Of Education And Training Studies*, *7*(2), 103. <https://doi.org/10.11114/jets.v7i2.3764>

Rolnick, N., & Schoenfeld, B. (2020). Can Blood Flow Restriction Used During Aerobic Training Enhance Body Composition in Physique Athletes?. *Strength & Conditioning Journal*, *42*(5), 37-47. <https://doi.org/10.1519/ssc.0000000000000585>