DISAGREEMENT

Student name:

Institution affiliation:

Date:

**Disagreement**

The author presents their understanding of continuous and interval training and the differences that exist between the two. They further discuss the benefits either of the training types gives an athlete. The author says that continuous training is dictated by the intensity and length of the competition the athlete is taking part in, and I agree to a certain extent. However, I am afraid I will disagree with the prescription for continuous training for 800m runners. According to the author, the 800m running athletes should run between 800m to 2400m consistently as part of their continuous training, maintaining a particular pace. In essence, the author says that an 800m runner can run continuously for 2400m at the maximum. These sentiments are antagonistic to Vorovenci's (2020) article, which states that the length of the runs should be dependent on the type of 800m runner. The runs are dependent on whether the athlete is a 400m/800m runner, an 800m runner, or an 800m/1500m runner. Vorovenci says that the longest continuous run should be 1500m, albeit with lower intensity since it dictates that when the continuous run is long, the intensity should be low to enable the athlete to endure the strain effectively. Therefore, the consistent 2400m run for an 800m runner would take a toll on him and probably work against him if he was going for an actual competition.

Rozikovich (2020) says that it is significant that 800m runners do warm-up exercises before their run starts. Rozikovich opines that warm-up helps prepare the body muscles for a rigorous task ahead. Rozikovich's arguments resonate with the author's arguments, except on the extent of the warm-up for an 800m runner. The author argues that the warm-up should include an 800m-jog before the athlete starts the run. While warming up is crucial for the athlete, continuous jogging for 800m might work against the player because of the generation of excess fatigue that the athlete may find hard to recover from before the main run. Jogs should be less intense and should be short because, while they are useful, they are not the main event. Rozikovich (2020) says that a continuous jog of a maximum of 400m with low intensity is enough warm-up for an 800m runner. I agree with the author, though, that the athlete should do dynamic movements after the jog, including eagles, hip circles, forward lunges, backward lunges, high knee skips, high knee walks, and stride-length exercises.

**References**

VOROVENCI, C. (2020). THE IMPORTANCE OF DEVELOPING CORE STRENGTH FOR THE IMPROVEMENT OF 800M RUNNING RESULTS IN U16 ATHLETES. *Series IX Sciences Of Human Kinetics*, *13(62)*(2), 101-104. <https://doi.org/10.31926/but.shk.2020.13.62.2.12>

Rozikovich, S. (2020). Functional Training Level of Runners Student-athletes Sprinters. *International Journal Of Psychosocial Rehabilitation*, *24*(5), 2028-2033. <https://doi.org/10.37200/ijpr/v24i5/pr201878>