

Student Task for Pre-Training Paper

The student will...

- A. Answer questions #1-10 in section 1.
- B. Circle the level based on the criteria that best describes your effort and participation in your training runs for the 3km race.

Section 1

(Thinking and Inquiry) (12 marks)

- 1. Have you given your best effort in your training runs to prepare you for the race? Why or Why not? (3 marks)
- 2. Describe three obstacles or set backs that have held your training back? (3 marks)
- 3. What is your target time for the race? (1 mark)
- 4. How did you arrive at this target time? (2 marks)
- 5. Describe other health/lifestyle goals you would like to achieve while training for your run? (3 marks)

(Knowledge and Understanding) (23 marks)

- 6. What are four physical health benefits of running on a regular basis? (4 marks)
- 7. What are three mental/emotional benefits of running? (3 marks)
- 8. What are three consequences of not maintaining a healthy active lifestyle? (3 marks)
- 9. What advice would you give to someone if they wanted to train for a 3 km? (3marks)
- 10. Outline an eight week training program for a "beginner" runner that wants to complete a 3/5km run. Include time, distance and intensity (e.g. 60% intensity) and any other type of training or exercises you would include for each training day. (10mks)