

Measuring Your Progression

- Procedure:**
1. Select a repeatable course (e.g. a course, 1.5 km. – 5.0 km) that you can repeat in the same detail/manner at a future date .. i.e. a session YOU control.
 2. Run the course (Trial 1), recording your time in minutes and seconds; e.g. 14:28.
 3. Convert the time to seconds; e.g. 14:28 = 868 seconds.
 4. Train regularly and progressively for a 2-3 week period.
 5. Complete the same course (Trial 2) .. similar time of day, similar weather, ...
 6. **Aim (work) to improve** .. calculate your improvement (see below).

Running (and Swimming): it's not whether you win or lose .. it's **YOU** against the stopwatch.
You (assisted by fellow athletes and by your determination) seeking
performance progression and personal excellence.

How Did You Go?

"Split Times(?)" will help

Don't be too judgmental .. that is, don't say things like: "*I'm hopeless*"

Measure and Evaluate ... example:

Trial 1: 14:28 = 868 seconds

Trial 2: 13:14 = 794 seconds

Improvement: 74 seconds

$$74 \div 868 \times 100 = 8.5\% \text{ improvement}$$

Well Done!!!

There is no set performance progression percentage that you should seek; but, try to improve (usually Trial 2 is the biggest improvement).

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