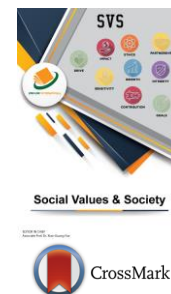




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RESEARCH ARTICLE

IMPACT OF CONTINUOUS PRACTICE TO THE PERFORMANCE IN CROSS COUNTRY RACE

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ABSTRACT

Cross-country race is a popular race among students in Malaysia. However, to represent school in this cross-country race at higher level such as Majlis Sukan Sekolah Daerah (MSSD), students need to have good stamina. In this paper, we will show the performance based on the impact of continuous practice and exercise in cross-country race. The results show that practices and exercises play important roles to produce better time in the run.

KEYWORDS

Cross-country race, performance, MSSD, continuous practice

1. INTRODUCTION

A cross-country race is a sport in which teams and individuals run a race on open-air courses over natural terrain such as dirt or grass [1, 2]. Every year, every school in Malaysia will hold this event in conjunction with the sports day. Then from this event, some students will be selected and sent to participate at the next level of cross-country race in Majlis Sukan Sekolah Daerah (MSSD). There are three categories; below 12 years old (4 kilometers), below 15 years old (6 kilometers) and below 18 years old (8 kilometers) [3, 4].

Race and running require good stamina. The question is how to gain and maintain the stamina? Previously, once the students had been selected at school to participate in cross-country race, they didn't have time to prepare themselves physically and mentally. The preparation of physical and mental is very crucial to prevent any injuries [5, 6]. This is because during the first two weeks' practice, students will experience leg and body aching. Their muscles try to adjust to new activity in their body.

They also need to control their breath. After a few practices, their body

should already adapt to this activity although the activity is done once a week. That is why this practice need to be done for a few months. However, due to lack of time and some other obstacles, we could only do the practice for 8 times. In this paper, we will show the performance based on the impact of continuous practice and exercise in cross-country race result.

2. METHOD

The experiment was conducted for approximately 2 months before the real event took place. Every weekend, once a week the exercise would take place either in Taman Tasik Putih Kluang or the playground of Taman Saujana Kluang. They took the same distance which was 4 kilometers for both places, the same distance as cross-country race. The exercise would be cancelled if something happened or there was an emergency. This exercise usually involved 2 students, but sometimes the 3rd student will join them whenever he was free. We believe that the more run we took, the more we could maintain the performance and get the better result. Table 1 shows that the experiment was conducted to three students aged 8, 11 and 12 years old.

Table 1: Comparison of age, weight and height for three students

No.	Student 1	Student 2	Student 3
Age	12	11	8
Weight			
Height			

3. RESULTS AND DISCUSSION

As shown in Table 2, the time taken for both students improved week by week. By average, they achieved 26 minutes 20 seconds for student 1, 28 minutes 14 seconds for the 2nd student, and 29 minutes 35 seconds for the

3rd student. These results were taken for the distance of 4 kilometers. The 2nd student had the best result in the cross-country event in which she achieved 17 minutes 52 seconds and got the 9th place. This result was 11 minutes and 38 seconds better than her average time taken during the exercise. What we could learn based on this result is that the 2nd student

got better in time due to the environment of the event. There are many students involved in this event, therefore the adrenaline and fighting spirit was the main factor in pushing her to the limit. Meanwhile for the 1st student, the environment of the event made him dizzy and downgraded

his performance. For the record, the 2nd student had already taken part in this event for 3 years as shown in Table 3. Starting in 2017 when she was only 9 years old, her school sent her to this event and she got the 70th place. In 2018, she improved to the 29th place and in 2019, she was in the top ten.

Table 2: Comparison of the time performance

No.	Date	Student 1	Student 2	Student 3
1	3/12/2018	28M: 40S	49M: 30S	-
2	5/12/2018	28M: 34S	28M: 37S	28M: 20S
3	9/12/2018	28M: 40S	28M: 42S	30M: 50S
4	14/12/2018	25M: 20S	24M: 00S	-
5	18/12/2018	28M:18S	31M: 07S	-
6	21/12/2018	23M:11S	23M: 08S	-
7		24M:00S	24M:00S	-
8		24M:00S	24M:00S	-
	Average	26M: 20S	28M:14S	29M: 35S
9	Cross-country event	27M: 20S	17M:52S	-

Figure 3: Result for the 2nd student

No.	Year	Age	Place
1	2017	9	70
2	2018	10	29
3	2019	11	9

4. CONCLUSION

The cross-country race is a race that requires good stamina. Here in this paper, we show how good preparation will give a good result compared to zero preparation. The results have shown that without continuous practice and exercise the students will not achieve good performance in cross-country race result. This can be applied not only for cross-country races but also in other things. As the saying goes, "practice makes perfect".

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