



My olympic sport

High Running

24th February 2021

Where my Idea Derived from

One of my favourite sports is Athletics, however as an every day hobby, I love to climb trees and I often do high rope courses with my friends. One of my favourite highrope courses that I did with my sister was in a Feford forest called Go Ape. My favourite distance is 100 metres sprints or 200 metres sprints and I love to run fast so

I decided to merge the two Activities together to get high-running.





How my sport works

My sport will be set in a forest which is good for your well being, there will be a high rope course set up that has been specially adapted for running. You will have to be secured into a harness so that you can't fall, and the high ropes will be easy and with a wide path and no obstacles so that it is easy to run along, however it will be wobbly and very high so that it is harder to run on and gets the pumping!!



How it gets the heart pumping

One of the main reasons of why I love running is because it exhilarating, it makes you out of breath and makes you feel good, additionally high ropes is physical and thrilling, all of these things get your heart pumping. It works because when you run, your muscles needs more oxygen, sometimes it can be up to three times more than your resting muscles. And because of this your heart has to pump faster to keep enough flow of oxygen around your body. You probably notice that when you are running, you become more out of breathe, this is because your heart needs more oxygen and so your lungs are working double this speed meaning you are breathing in a lot more oxygen. When the oxygen goes into your lungs, it is passed through thin lining of air sacs and into blood vessels, the blood is then carried around your body to every sell.