THE WAY

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YEAR 11 STUDENTS GEAR UP FOR THE CITY2SURF

Last Term, our Year 11 Health and Movement Science students stared training in preparation for the iconic City2Surf. As part of their studies, students have explored aerobic training methods and investigated the physiological and performance changes that occur as a result of consistent training.

To put their learning into action, students completed fitness testing and took part in a training session at the famous Bay Run in Iron Cove, Sydney. All students successfully completed the 7km loop, with several even pushing themselves to complete the full 14km the same distance as the upcoming City2Surf.

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Students thoroughly enjoyed the experience, not only improving their fitness but also demonstrating the social and emotional health benefits of exercising with peers in a natural, outdoor setting.

We wish them all the best as they continue their preparation for the big race on Sunday 10 August 2025.

Mr Kent Weir
PDHPE Coordinator

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