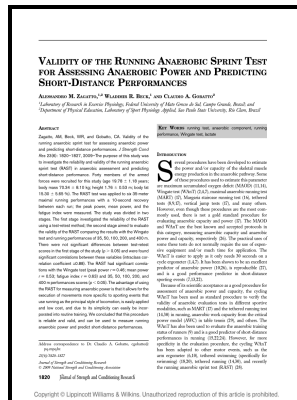


Modified wingate tests to measure anaerobic energy in sprint freestyle swimming

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While this may be true for the general healthy population, it will be untrue for people with marked obesity, muscle atrophy, muscle dystrophy, etc. Means and standard deviations for each criteria of power at each intensity are shown in these tables.

Anaerobic Capacity Fitness Tests

Table 1 shows PPO norms for active young adults 11.

Wingate Test of Anaerobic Power

Res Q Exerc Sport, 60 2, p. After the warm-up After the 4-minute warm-up is over, the subject should rest for two minutes before performing the sprint test. Experience teaches us that training the aerobic capacity should be combined with speed training and training focusing on the development of maximum muscle strength.

Wingate Test of Anaerobic Power

Information derived from the Wingate test has been used by coaches and athletes, particularly for athletes whose specialty requires muscle power and muscle endurance. This non-parametric test was also examined as normality assumption was violated in boxing data. Validation of an equation for predicting energy cost of arm ergometry in women.

Wingate Anaerobic Test

Check and calibrate the ergometer. Sometime people confuse the supply of anaerobic lactate energy which is not included in the anaerobic lactate capacity. Isokinetic strength ratios of the shoulder rotator muscles in elite swimmers.

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The test was initiated with the subject cranking at maximal cadence against no load. Previous studies that have described power in swimming have shown power levels far below that seen in other sports for athletes of similar levels of performance , , The participants of the present study were all of a similar standard of performance achievement at an international level.

10th Annual Congress of the ECSS

. Ideally, norms should be generated by testing large enough representative samples of the specific population, using similar equipment and protocols. Important in the 400 m, depending on the intensity of the lactate in the athletes blood the test should be done in the style they would normally do the 400m series.

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