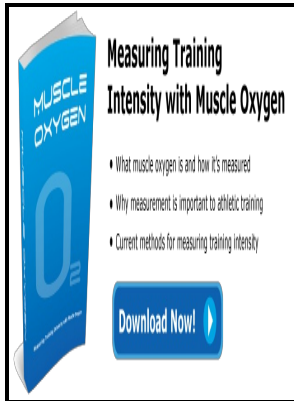# Modified wingate tests to measure anaerobic energy in sprint freestyle swimming

National Library of Canada - Anaerobic performance in masters athletes

Description: -
-Modified wingate tests to measure anaerobic energy in sprint freestyle swimming
-
Canadian theses = Thèses canadiennesModified wingate tests to measure anaerobic energy in sprint freestyle swimming
Notes: Thesis (M.Sc.)--University of Toronto, 1990.
This edition was published in 1990

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Wingate Anaerobic Test

Furthermore, these tests reliability, methodology, referred considerations and relationship with front-crawl swimming performance are reported. A second-best approach is to use comparative data, based on studies of groups which were tested using the protocol and similar equipment. The Wingate software offers possibilities for programming of various protocols containing a Wingate test.

Laboratory

We wished to look at two major elements of the wattage output of swimmers in submaximal and maximal swims in relation to the application in competitive distances.

Wingate Test of Anaerobic Power

Eur J Appl Physiol Occup Physiol. Physical Endurance, Somatic Indices and Swimming Technique Parameters as Determinants of Front Crawl Swimming Speed at Short Distances in Young Swimmers.

The Measure of Training Intensity Through Lactate

Ideally, norms should be generated by testing large enough representative samples of the specific population, using similar equipment and protocols. This enormous use of energy, naturally provokes a sudden and powerful, fatigue in the muscles, but since the even only lasts about 22 to 35 seconds, the first signs of fatigue will only be present at the end of the event. Collect lactate 3 minutes after via digital.

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