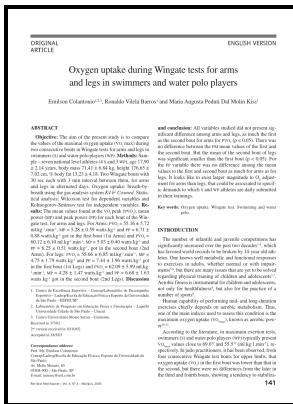


# Modified wingate tests to measure anaerobic energy in sprint freestyle swimming

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

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Notes: Thesis (M.Sc.)--University of Toronto, 1990.

This edition was published in 1990



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Tags: #Psychological, #psychophysical, #and #ergogenic #effects #of #music #in #swimming

## Laboratory

Prior to their volunteering, each subject was fully informed of the study and signed an informed consent form approved by Christchurch College of Education Ethics Committee. During the resting process, which is very important not only after training but after ailment as well after that the amount and lengths of practices will be short as possible.

## Running

Res Q Exerc Sport,60 2 , p. We are also on and.

## Wingate Test of Anaerobic Power

Correlation of performance in vertical jumping and speed after start in swimmers.

## Wingate Test of Anaerobic Power

TW is obtained by multiplying MP by 0-45 seconds duration of the protocol , and the units are Joule.

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