

Review of specific training means and effort parameters in senior weightlifting mezzo-cycle competitive training

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Abstract

Background. The authors present the relationship between specific means and parameters of effort in performance weightlifters' training. Ensuring an optimum relationship of technical, physical training means and effort parameters during training sessions have proved to lead to better performances achieved in competition. This approach entailed the organization of a study within the Weightlifting Olympic Team.

Goals. The scientific argument is the presentation of the specific means used in performance weightlifters' training in the competitive period which, by providing an optimum relationship of technical and physical training and effort parameters during workouts, contribute to the increase of athletic performances in competition.

Methods. The study was conducted throughout a mezzo-cycle of competitive training (2.03.09-12.04.09) formed of 6 micro-cycles, applied to a group of 6 senior athletes, 20 to 24 years old. We monitored athletes' evolution in the competitive period, during workouts and contest. Statistical processing was performed with Word and „KyPlot” programs.

Results. The study emphasizes the relation of specific means and effort parameters in the pre-competitive mezzo-cycle of performance weightlifting. The review of training specific means shared in a competitive mezzo-cycle revealed a gradual decrease of reps number in each training micro-cycle. In terms of training means shared within the competitive mezzo-cycle, an average of 43.4% at technical training and 56.6%, at physical training was evidenced. The review of performances achieved in competition by the subjects of the study in the European Championships for Se-niors - Bucharest highlighted the participation of 6 senior athletes, whose best performances were the 2nd place at snatch lift, 4th place at clean and jerk and 5th place total lifts, won by the athlete MN, 69 kg class.

Conclusions. Effort intensity throughout a competitive training micro-cycle emphasizes the variability of parameters in terms of loads volume during workouts and the intensity of training means application.

Keywords: exercise, weightlifting, means, technical training, physical training, performance.