

Specific training methods for performance weightlifters

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Abstract

Background. The authors introduce the contents of the specific training methods of the competitive and pre-competitive training micro-cycles in performance weightlifting. We considered that the optimum balance of the physical and technical training methods within the workouts would improve training and better performances during competitions. This approach determined us to conduct a research within the Rapid Sports Club of Bucharest, Weightlifting Division.

Aims. The scientific argument is the presentation of the training methods specific to the performance weightlifters' training in the pre~ and competitive period, ensuring an optimum relation between technical training and physical training during workouts that will contribute to the increase of sports performances in competition.

Methods. The research was carried out during the pre-competitive and competitive training period (7.01.2008- 24.02.2008) with 7 workout micro-cycles, in a group of 8 athletes, aged from 15 to 32 (level of juniors and seniors classes). The athletes' performances were recorded in the training stages and competitions using the methods of statistical, mathematical and graphical representation.

Results. The study emphasized the contents of the specific training methods during the competitive and pre-competitive training micro-cycles and mezzo-cycles in the performance weightlifting.

Conclusions. The optimum relationship of the technical and physical training means, obtained during the performance weightlifting workouts, contributes to the improvement of the training and to the achievement of better performances during competitions.

Keywords: weightlifting, technical training, physical training, performance, planning.