

Revealing the CPK and LDH enzymes Value & Achievement in the Pre & Post Preventive Training Program for Duathlon Players

Abdul Razzaq Jabr Al Majidi, Ferial Sami Khalil, Rafie Saleh Al Kubeisi

Abstract

The present study aims at setting a preventive training program for the Duathlon activity in addition to knowing the effect of such a program on CPK and LDH enzymes and achievement. And in order to achieve this, an experimental program was used to settle the problem of the study. Accordingly, a specimen of (6) duathlon players was intentionally chosen from the 2019-2020 training season. These players reflect %100 percentage of the corpus of players. Meanwhile, the researchers used various ways, tools and tests the most important of which was the use of a preventive training program for 8 weeks as per 3 training sessions a week and each for 60 minutes. Twenty minutes time was assigned for the preventive training which involved power exercises, water activity exercises, elasticity and loose muscular tissues enhancement exercises, and respiratory exercises among others. At the end of the training program, tests were done; they were conducive to the pre- and postresults. This was followed by a statistical treatment which accordingly produced some important results as follows: The kinetic preventive training program had a moral effect on CPK and LDH enzymes and athletic achievement in acceptable percentages.

Keywords: preventive training program, CPK and LDH enzymes and achievement, activity exercises, elasticity and loose muscular tissues