

The Effect of Dynamic Lactate Training With Added Weights on Special Endurance and the Percentage of Lactic Acid Concentration in the Blood and the Achievement of 800-Meter Running for Youth

Ruaa Abbas Esiwed, Ali Ghanim Mutashar, Rahim Ruwaih Habib

Abstract

Each activity has its own specifications and requirements, including the effectiveness of the 800- meter sprint, which needs to develop some physical characteristics and its energy systems to obtain the physiological adaptation of the organ systems to perform and withstand the effort exerted during the race to achieve the best time. More than the air system, so it requires the development of power systems in proportion to their distances and the intensity of their performance. To achieve the best achievement, therefore, the importance of research in this came with the number of exercises of different intensity by jumping and with different weights and their impact on the variables of the study and the achievement. Of running 800 meters. The research aims to prepare exercises in the style of dynamic lactate training with added weights for 800-meter runners Identifying the effect of exercises using the dynamic lactate training method with added weights on special endurance and the concentration of lactic acid in the blood and the achievement of running 800 meters. The researchers used the experimental method in the manner of two equal groups for its suitability to the nature of the research. It is one of the approaches through which accurate results can be reached. Experimentation is one of the most efficient means to reach reliable knowledge. As for the research community, they are the competitors of Al- Diwaniyah clubs in athletics for youth in the 800m run, totaling (12) players, and aged (18-19) years. They constituted (83.33%) of the research community for the sports season (2018-2019), then the research sample was divided into two equal groups (experimental and control) with (5) contestants for each group after they were homogenized with the study variables.

Keywords: energy systems, distances and the intensity, Experimentation, dynamic lactate training method