

# **The Effect of Special Exercises for Anaerobic Endurance on Some Physical Variables, Physiological and Time Race Achievement Which Are Individualized by The Players of The National Cycling Team 2019-2020.**

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- **Abstract:** Many coaches consider cycling a sport that endures anaerobic, and therefore focus in training units on that trait and neglecting anaerobic endurance which puts the cyclist in a physical and physiological position that enables him to win races and improve achievement, the aim of the research was to prepare special exercises to develop anaerobic endurance, and then to identify the relationship between the level of anaerobic endurance with some physical and physiological characteristics and the achievement of the individual time race, so the researcher conducted pre-tests. and then subjecting the experimental group to special training to develop anaerobic endurance for a period of 12 weeks, after which the researchers conducted the post-tests after performing the statistical treatments, the results showed the existence of correlations between the level of anaerobic endurance and some physical characteristics as well as the achievement of the individual race of time and thus it is necessary for coaches to focus on developing anaerobic endurance when trying to raise the level of certain physical attributes and improve the functional condition that enables the cyclist to improve his digital achievement.
- **Keywords:** Anaerobic, Statistical treatments, Anaerobic endurance