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PRINCIPLES OF TRAINING LOAD

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ABSTRACT: -

Sports training is a continuous process based on scientific principles and aimed to achieve high sports performance. To achieve high performance in any sport, the athlete should undergo continues and regular training. The sports training have many principles, like specialization, individuality, over load, progression of load, recovery and etc. The coach should know about all those principles of sports training.

KEYWORDS: *training, training load.*

INTRODUCTION :

Sports training is scientific based pedagogical organized process which through planned and systematic effect on the performance ability and performance readiness aims at sports perfection and performance improvement as well as at the contest in the sports competition. The sports training involve many physical activities, exercises and movements which normally lead to fatigue. Fatigue is the direct product of load caused by physical activity or exercise. Fatigue is essential for starting the adaptation process in the organism which ultimately lead to increase in performance capacity. Therefore load is a very important in sports training. Without load through physical exercises the performance cannot be improved, stabilized and maintained. If the load is stagnated the performance will be stagnated

TRAINING LOAD:

In the field of sports the load is known as training load. The word load has not yet been adequately defined in sports sciences. It has been barrowed on the basis of stress concept in medical science.

DEFINITION OF TRAINING LOAD:

1. Training load is the process of tackling training and competition demands which cause temporary disturbance of psychic and physical state of homeostasis.
2. Training load is the total amount of work done by an athlete.
3. The training load is the psychological and physiological demand put on the individual through physical exercises or activities resulting in improvement and maintaining of higher sports performance.

In training load is not always given for improvement but also for maintenance and stabilization of performance capacity. And load is also given to speeds up the recovery process.

FACTORS OF LOAD:

The factors of load are also called components of load. These factors are very essential l in planning and analysis of sports training. The factors of load are as follows

1. Quality of execution of the exercises.
2. Types of exercise or training means.
3. Load intensity.
4. Load volume.

Principles of training load:

The following are the principles of training load

1. Principle of continuity.

The load should be given continuously without any break in the training. The load given to a athlete should be fallowed continuously for a long period of time, which keeps the body to maximum adaptation.

2. Principle of progression of load:

Progression of load is necessary to improve the performance of athletes; the same kind of load for long period does not effect much. The load should be increase gradually. The load can be increased by two methods;

a. Linear method

In this method the load is increased in every training session. This method is possible only during the initial days of training.

b. Step method

In this method the load is increased in steps that is after an increase in the load it is maintained for some training sessions before increasing it again.

3. Principle of load and its adaptation:

Super compensation theory has to be followed in increasing of training load. Super compensation means the recovery or process of load adaptation does not end with the achievement of pre-activity level of substances, tissues functioning etc. It over shoots the pre-activity level.

4. Optimum load:

Depend of the capacity of the individual athlete the optimum load should be given.

5. Principle of recovery:

To get maximum benefit of adaptation the maintenance of proper proportion between the load and recovery is required.

6. Principle of Intensity and Volume in training:

Proper ratio between the intensity and volume should be maintained. If the intensity is high volume should be less and vice-versa

7. Load Administration:

Administration of load should be done according to the training cycles, so that the maximum benefits of adaptation is to be reach in main competition.

CONCLUSION

For improvement and maintenance of sports performance the training load should be controlled and maintain regularly. The load should be increased gradually for the best result. The process of recovery also plays an equally important role in the sports training. Hence to attain super compensation in sports performance the proper ratio should be maintained between training load and recovery.

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