

PLANNING OF TRAINING IN TEST TRACK WITH OBSTACLES

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Abstract: Marine military students preparedness planning on scientific basis, with broadly respect of periods, phases, weekly cycles and therefore training lessons which enables their motility force, and their performance to be significantly improved.

For this efficiency, will be required instructional strategies able to lead the continuous improvement of specific military capabilities of the Navy fighter.

Keywords: planning, training, obstacle course, performance, technique, methods.

For the purposes of a judicious planning the objective analysis of quantitative and qualitative level of the preparation process conducted last year. were taken into account.

It's development was made in the previous year transition, because only at the end of the competitive season can end objective analysis and perspective athletes ability, from positive and negative aspects of being able to set goals and tasks for the time ahead.

This form of graphical presentation of the annual planning, training of sailor athletes for the test track, has the advantage that is clear and obvious. You can track how and when the training is arising (training periods for obstacle course - preparatory, competitive and of transition, with each others associated subperiod), what follows to work for training throughout the year (with emphasis on technical and physical training), when the testes and control rules are taking place, all but according to the main contests whereupon will participate.

In order to respect the planning training, compliance with certain requirements was held:

- Checking thorough training objectives, included in the training plans of as many athletes;

- Once with the announcement of the competitive schedule, no change of the competition data must not be taken, this having a negative influence over the practice;
 - Avoiding participation in competitions during the exam sessions;
 - In establishing competitions to be considered traditional contests.
- One of the most important levers of the student's preparedness and simultaneously, the basic criterion of checking their yield capacity is the competitive schedule, the competition itself.

Based on the established competitive system the competitive schedule was developed (of A.N.M.B Constanta). Once known it was moved to periodization training for the obstacle course at the experiment group, for streamlining the training content, ways and methods used.

It was started in realising the periodization, from the competitive calendar data, given the competitions that must achieve a high thresold of the sporting and top competition form.

From this knowing was moved to establish the periods, the number of stages, ways and methods for achieving the expected preparation.

Training planning was made on three periods with the respective subperiods as evident from the table below:

Month Week.	Oct	Nov	Dec.	Jan.	Febr	March	Apr.	May	June	July	August
	1- 4	5- 9	10-13	14- 18	19- 21	22-26	27-30	31- 35	36-39	40- 43	44 – 48
Training seson	PREPARATORY SEASON						COMPETITION SEASON				TRANSI TION SEASO N
	GENERAL PHYSICAL TRAINING					P.F. SPECIALĂ	PRECOM- PETITIVE	COM- PETITIVE			
Competit ive calendar								33	37	43	

In the preparatory session I considered of a decisive importance, creating a general and special foundation (morphological, functional, technical and psychological) for the competitive session.

The most important tasks of this session were:

- improving general physical preparation;
- developing motility qualities due to solicitations;
- technique improvement and assimilation;
- familiarization with tactical elements.

In this period I have watched general physical preparation acquisition and consolidation.

Has also worked for passing each obstacle technique, motility skills development enabling this.

During this period, has moved to strengthening technique of crossing 2-3-5-10-15-20 obstacles.

In special preparation subperiod was mainly concerned the acquisition and consolidation of special training and technique improvement. This work in high intensity conditions compared to the first stage of training in the session of general physical preparation.

- Training effort has increased gradually, touching maximum values towards the end of the session;
- volume increases quite abruptly and reaches maximum values at mid-term preparatory;

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- intensity increases gradually;
- complexity itself increases gradually, reaching, somewhat further than the mid-term preparation, to technique stabilization, after maintaining an optimal level;
- mental strain increases smoothly as a wave, but the curves are amplified more than ever.

Based on accumulated training, is to achieve the best results. As main tasks we have:

- Improving and strengthening crossing obstacles technique and of bonding this with fast movement and running speed, according to the settled tactics for each sport and the complexity of the obstacle to be passed.
- Techniques and tactics assimilation and consolidation;
- Maintaining general physical training and special foundation, at the reached level;
- Gaining competitive experience.

The competitive session is split in two subsessions;

❖ **Precompetitive subsession**

- ✓ Here, in parallel with an intense training, contest participation can be made - in in order to get used to the conditions and requirements imposed by competition;
- ✓ training regime in this period does not change important;
- ✓ during the first contests it captures some of the training deficiencies, that must be remedied up to decisive contests;
- ✓ special exercises assured the content of the training, without totally ignoring those that insured general physical training and special basis;
- ✓ volume decreases gradually with each step.

❖ **Competitive subperiod**

- ✓ Training regime must allow athletes to obtain the best results;
- ✓ Specific means are reduced less but will be closer to the competition requirements. Volume decreases, the intensity increases;
- ✓ Increased training effort during competitive session, already peaking two weeks before the biggest competition;.
- ✓ T
- ✓ raining volume gradually decreases and stabilizes at a certain level.

Intensity continues to increase with a peak just before the main contest. In the week before the competition, the intensity is reduced over a period of training classes and after contest, special training is conducted at the level of intensity before the competition.

Transition session is considered to be month August, where students practice runs in the nautical military resort called “Palazu Mare”.

Given the structure of the academic year in September is holiday but also the remaining session, being unable to perform training with students, otherwise there is no significant competition at this level.

During this time I will make an objective analysis on marine military students performance in competitions (those whom participated) and after a rigorous selection i will greatly reduce their number, in order of an increased performance and decrease their gap with the top results of this test (under 2min 15 sec).

Navy military students preparedness planning on scientific basis, broadly with respect to periods, stages, weekly cycles and by default training lessons made possible to the results regarding motility qualities development to be significantly improved, the difference between the experimental and the control group being significant.

Thus the average results for 1000m, long jump without momentum and push-ups are much better at the experimental group than the witness group, testing both the intermediate and the final, achieving an improvement of:

- for 1000m – 11.40 sec against 6.48 sec.;
- at long jump without momentum(l.j.w.m) – 12.6 cm against 9.74 cm;
- at push-ups -5.22 exec against. 3.76 exec.

TESTING - MOTILITY CAPACITY – EXPERIMENT

	INITIAL TESTING			INTERIM TESTING			FINAL TESTING		
	1000 m	l.j.w.m	P-ups	1000 m	l.j.w.m	P-ups	1000 m	l.j.w.m	P-ups
Average	3:12,97	248,7	39,22	3:08,93	252,7	40,88	3:01,57	261,3	44,44

TESTING – MOTILITY CAPACITY – WITNESS

	INITIAL TESTING			INTERIM TESTING			FINAL TESTING		
	1000 m	l.j.w.m	P-ups	1000 m	l.j.w.m	P-ups	1000 m	l.j.w.m	P-ups
Average	3:21,73	250,66	38,44	3:18,75	253,95	40,06	3:15,25	260,4	42,20

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Improving motility qualities results but also the analytical work for improving the technique of crossing each obstacle separately and then by linking several obstacles, until the correct appropriation of the crossing all obstacles technique, increased the performance of military students in the experimental group over 13.12 sec. to control group

OBSTACLE COURSE – EXPERIMENT LAP TIME

	Initial testing	Interim testing					Final testing				
		-5	-10	O 11-15	O 16-20	Total	O 1-5	O 6-10	O 11-15	O 16-20	Total
Average	3:17,15	6,8	7,84	43,20	8,50	3:05,43	5,57	6,06	0,57	6,01	2:58,4

OBSTACLE COURSE – CONTROL LAP TIME

	Initial testing	Interim testing					Final testing				
		-5	O 6-10	O 11-15	O 16-20	Total	O 1-5	O 6-10	O 11-15	O 16-20	Total
Average	3:18.5	7,5	49,02	48,52	49,66	3.15,45	46,91	47,82	46,64	48,76	3.11,56

An improvement is found at physiological indicators also.

PHYSIOLOGICAL INDICATORS – EXPERIMENT

Nr. crt.	Initial testing		Interim testing		Final testing	
	Vital capacity	Heart Rate	Vital capacity	Heart Rate	Vital capacity	Heart Rate
Average	4675,5	78,11	4897,7	76,60	5395,5	72,48

PHYSIOLOGICAL INDICATORS – WITNESS

Nr. crt.	Initial testing		Interim testing		Final testing	
	Vital capacity	Heart Rate	Vital capacity	Heart Rate	Vital capacity	Heart Rate
Average	4393.3	78.75	4606.6	77.29	5015.5	73.66

OPERATIONAL PROJECT

Session Day	Preparatory session		Competitive Session			
	Morning	After Noon	Precompetitive subperiod		Competitive Subperiod	
			Morning	After Noon	Morning	After Noon
MONDAY	Grenade accuracy and distance	Speed	Grenade accuracy and distance	Speed	Grenade accuracy and distance	Speed
	Endurance running (5 km.)	Technique (crossing obstacle technique/ binding of many 2/3/4/5/10 obstacles)	Endurance running (5 km.)	Technique (binding 10 obstacles - 1/10; 11/20)	Endurance running (5 km.)	Technique (passing obst.in wich you use the same tech. For passing and binding portions 5 /1/15/20 of obstacles)
TUESDAY	Swimming	Endurance(durability running)	Swimming	Endurance (durability running)	Swimming	Endurance (durability running)
WEDNESDAY	Precision shooting (underground)	Technique (passing 10-20 obst. in different tempos)	Precision shooting (underground)	Technique	Precision shooting (undergroun)	Strength
		Durability running		Strength(legs-abds- back)		
THURSDAY	Grenade accuracy and distance	Strength (legs-abds-back)	Grenade accuracy and distance	Endurance(durability running)	Grenade accuracy and distance	Speed Technique
FRIDAY	Precision shooting (under basin)	Technical grenade	Precision shooting (under basin)	Strength (arms - legs)	Precision shooting (under basin)	Strength (arms- legs)
		Strength (arms - legs Swimming)				
SATURDAY	Inspection Obst. t. 1-5; 6 -10; 11 -15; 16 -20. (cou nteraction)		Inspection (20 obst.)		Inspection contest	
SUNDAY	Rifle range (distance)		Rifle range (distance)		Rifle range (distance)	

Presentation training module on weekly training cycles

<p>MONDAY 10 min. a.u. Mobility exercises Special exercises 3 x 60m-80m a. A ¾ Subject No. 1 - <i>Speed development</i> 3 x 30m - a.A 85% 1 x 80m -80% 5 x 20 m a.l. (90-95%) Subject No.2 - <i>Strengthening the technique of crossing obstacles</i> - 1 x crossing obstacles 1-10 (technical work) - accomodation - 1x - 2 x crossing obstacles 1-10 (technique - tempo 50%-60 %) - 2 x - 2 x crossing with correct technical executions in tempo up to 75% (35 - 40sec.) - 1-2 x crossing obstacles 1-5; 6-10; 11-15; 16-20; or 1-10; 11-20; or 1-20 (depending on the training period we are in) - until the tempo of 3:20 – 3:40 3 x 120m a t m 3-5 min a u (closing)</p>	<p>TUESDAY 10 min – joint mobility exercises 1 oră a.u. sau a.t.v. 30min swimming (restoration)</p>
<p>THURSDAY SUBJECT NR. 1 - Throwing grenade training, precision and distance SUBJECT NR. 2 - developing strength (arms and legs) SUBJECT NR. 3 - Swimming</p>	<p>WEDNESDAY 10 min. a.u. Mobility exercises Special exercises 3 x 60m-80m a. A ¾ Subject No. 1 - <i>Strengthening the technique of crossing obstacles</i> - 10 min specific warming on the obstacles - 15 min – acquiring the passing obst. Tech. 1-10 and 11-20 - 2 x crossing obst. 1-10(1-5 și 6-10) și 11-20 (11-15 și 16-20) – technical workout - 2 x crossing obst. (20 obst.) – 2/4 p = 3 min - 2 x crossing obst (20 obst.) – ¾ p = 3-4 min Subject No. 2 - Developing endurance running - 1 x 300m a A ¾ (45-48 sec.) P = 2 min - 1 x 400m a A ¾ (1:05-1:10.) P = 3 min - 1 x 500m a A ¾ (1: 25 - 1:30 sec.) P = 4 min - 1 x 250m a A ¾ (40 -45 sec.) 3-5 min a u (closing)</p>
<p>FRIDAY SUBJECT NR. 1 - Shooting practice (precision – underground) 10 min. a.u. Mobility exercises Special exercises 3 x 60m-80m a. A ¾ SUBJECT NR. 2 - 10 -15min - crossings various obstacles to properly acquiring their crossing technique (each at fiecare la obstacolele unde este deficitar d.p.d.v. tehnic) - 2 x obstacle course (all 2 obstacles) – tempo ¾ - 2 x crossing obst. 1-10 - tempo ¾ - 2 x crossing obst. 11-20 - tempo ¾ - 5-8 min a.u.(closing)</p>	<p>SATURDAY 10 min. a.u. Mobility exercises Special exercises 3 x 60m-80m a. A ¾ SUBJECT NR. 1 - Checking the level of learning the technique of crossing obstacle and physical preparation of athletes - 1 crossing obstacles 1 - 5 - against time - 1 crossing obstacles 6 -10 – against time - 1 crossing obstacles 11-15 against time. - 1 crossing obstacles 16-20 – against time. * Runs at 75% - 95% - 100% depending on the training period where we are 20 min a.u.</p> <p>SUNDAY - Shooting at the Midia polygon</p>

GENERAL CONCLUSIONS

Both witness and experiment groups efectuated study, had the purpose on a way of verifying the training methods aplied on the two groups and on the other way verifying actuating and functional components role in developing military obstacle course necessary abilities process, which plays an important role in training the military students for fighting.

Owing to the obtained results based on the statistical arrangements that are aplied on the actuating and physiological characteristics adequate data, we can affirm:

- Both groups subjects obtained results have an ascending trend, ascertaining a performance improvement from one testing to another.

- Better results obtained from the experiment group at the obstacle course test are in this phase dued to the training technique, which key factor progress(when all the military-marine students are having the best training fitness, realised by Fitness classes, military training and refreshment and also the sporting training).
- Planning a one year training with clear training stages, realising some training programs according to domanin's novelty emphasized on this first year's training on the correct technique attribute of passing the obstacle in different conditiond , untl the ones in the competition (only having the best fitness training), led to results improving and to tend international level results.

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