

Название публикации:

TAPERING PRACTICES OF STRONGMAN ATHLETES

Авторы:

Winwood, PW [1,2] ; Dudson, MK [1,2] ; Wilson, D [1,2] ; McLaren-Harrison, JKH [1,2] ; Redjkins, V [3,4] ; Pritchard, HJ [1,5] ; Keogh, JW [1,6,7]

[1] AUT Univ, AUT Millennium Inst, Sport Performance Res New Zealand SPRINZ, Auckland, New Zealand

[2] Toi Ohomai Inst Technol, Fac Community Hlth & Wellness, Dept Sport & Recreat, Tauranga, New Zealand

[3] Plekhanov Russian Univ Econ, Dept Hospitality Tourism & Sport Ind, Moscow, Russia

[4] Belorussian Informat Ctr, World Strongman Federat, Riga, Latvia

[5] Univ Coll Learning, Fac Hlth & Sci, Dept Exercise & Sport Sci, Palmerston North, New Zealand

[6] Bond Univ, Fac Hlth Sci & Med, Gold Coast, Australia

[7] Univ Sunshine Coast, Fac Sci Hlth Educ & Engn, Cluster Hlth Improvement, Sunshine Coast, Qld, Australia

Сведения об издании:

JOURNAL OF STRENGTH AND CONDITIONING RESEARCH

Том: 32 Выпуск: 5 Стр.: 1181-1196

DOI: 10.1519/JSC.0000000000002453

Опубликовано: MAY 2018

Тип документа: Article

Аннотация:

This study provides the first empirical evidence of how strongman athletes taper for strongman competitions. Strongman athletes (n = 454) (mean +/- SD: 33.2 +/- 8.0 years, 178.1 +/- 10.6 cm, 108.6 +/- 27.9 kg, 12.6 +/- 8.9 years general resistance training, 5.3 +/- 5.0 years strongman implement training) completed a self-reported 4-page internet survey on tapering practices. Analysis by sex (male and female), age (<= 30 and >30 years), body mass (<= 105 and >105 kg), and competitive standard (local/regional amateur, national amateur and professional) was conducted. Eighty-seven percent (n = 396) of strongman athletes reported that they used a taper. Athletes stated that their typical taper length was 8.6 +/- 5.0 days, with the step taper the most commonly performed taper (52%). Training volume decreased during the taper by 45.5 +/- 12.9%, and all training ceased 3.9 +/- 1.8 days out from competition. Typically, athletes reported that training frequency and training duration stayed the same or decreased and training intensity decreased to around 50% in the last week. Athletes generally stated that tapering was performed to achieve recovery, rest, and peak performance; the deadlift, yoke walk, and stone lifts/work took longer to recover from than other lifts; assistance exercises were reduced or removed in the taper; massage, foam rolling, nutritional changes, and static stretching were strategies used in the taper; and, poor tapering occurred when athletes trained too heavy/hard or had too short a taper. These data will assist strongman athletes and coaches in the optimization of tapering variables leading to more peak performances. Future research could investigate the priming and preactivation strategies strongman athletes use on competition day.

Ключевые слова:

peaking; training volume; training intensity; periodization; recovery; performance; PERFORMANCE; STRENGTH; MUSCLE; POWERLIFTERS; EPIDEMIOLOGY; COMPETITION; ACTIVATION; RECOVERY; PLAYERS