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# OPINIONS OF SPECIALISTS ON ROMANIAN SPECIFIC STRENGTH TRAINING RUNNING MIDDLE RUN

**IVAN PAULA[1], GHEORGHE DANIEL[1]**

**Abstract**

*Aim.*The work is part of the study sports performance, training and programming. In the last years runners of middle run of Romania failed to achieve outstanding performance. That is why we wanted to find out the Romanian coaches on training plan and the means used. The work is transversal because the results collected through the questionnaires were obtained. In this sense, developed a questionnaire with several questions which applied to 25 coaches of middle run in Romania. The research pedagogical control was made an inventory of the main means of training used in physical training directed education / force the development. This paper aims at analyzing opinions of experts in the field, on specific force on the preparation of the race of middle run.

*Methods.* As a research method we used questionnaire, observation, statistics and graphics.

*Results.*To improve performance middle run samples from (800m) must be developed specific force required. Develop specific force required by special physical training.
Coaches best runner (800m) of Romania, in the training program include special training to develop specific to force.

*Conclusions.* Among the coaches surveyed, 85% use throughout the year common means of education / force development. Most coaches use ten specific means of force training. Only 15% of the coaches use of force development analytical exercises specific to muscle chains (bone structure - muscular groups - joints - ligaments) specifically involved in the effort: the start and launch the start (starting power); running along the (power acceleration and power resistance).

*Key words*: athletics, middle run, strength and performance.

## Introduction

Running of middle run (800m), is regarded as an extended sprint. That is why preparing of special force has an important role. In order to run fast on specific distances for middle run, must be developed through training, a large dynamics muscular force, through adequate methodology. The methods, means and effort-resting the report should be chosen rational and individualized. Most specialists in sports training appreciates that strength training is required for performance in these samples, the programs must target specific physiological the needs. Depending on motric the action, force can be manifested in several forms: itself the force, explosive force, resistance the force regime, general the force, special the force, dynamics the force, static force, force starter, relative force (Bompa, 2001).

Special Force refers to the force certain muscular groups required by specifics sporting sample. This type of force has a very rigorous structural character, the development being made adequately through specific movements sample or the branch of sport. Special force needs to be developed in the work Independent students the lessons and sport activities depending on the requirements to each branch of sport. Recent research discredits the older theories, according to which the preparing of force could slow the development of athletes and would affect their progress in respect of strength and the suppleness. Many researchers have demonstrated experimentally that the development qualities speed - force and force - speed is appropriate since childhood or adolescence Filin, 1980). In samples from middle run to run over its entire stroke with extremely high speed, in an optimal combination of speed, in an optimal combination of speed, strength and resistance preparation is required through to develop the all skills essential biomotrice, and mental the tenacity (Poehlein, 2000).

The most important parameters effort force are: the volume and intensity. In preparation of force is essential the knowledge of the effects applied on the individual exercises. In the opinion of (Bompa, 2002) only improves athletic performance through constant physiological adaptation, through increased training volume. Quantitative changes applied to the volume of training, are produced depending on the level of training of the athlete, as well as their performance increases.

[1] Physical Education and Sport Faculty, University Spiru Haret, Bucharest, ROMANIA
E-mail address: paulaivan20@yahoo.com
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In the last years middle runners from Romania failed to obtain outstanding performance. That is why we wanted to find out the Romanian of coaches about preparedness plan and the means used. The work is part of the study sports performance, training and programming. It is transversal because the results collected were obtained by questionnaire. In this sense, developed a questionnaire with questions mule that was applied to 25 coaches of middle run in Romania. The research pedagogical control was made an inventory of the main means of training used in training to develop specific to force.

**Methods.** As a research method we used questionnaire, observation, statistics and graphics.

**Results**. After analyzing the responses to the questions, I realized tables and figures in which I interpreted the data.

**Table 1**. Characteristics of the interviewees professional

| Length of service * | professional qualification | | grade teacher | | | Category coach | | | | Teacher / lot Olympic coach / national |
|---|---|---|---|---|---|---|---|---|---|---|
| | teacher coach | coach | completed | degree II | degree I | a IV-a | a III-a | a II-a | I | 48%<br>52% |
| 29,64 | 72% | 28% | 12% | 32% | 56% | 0% | 4% | 24% | 72% | |

* Average in years

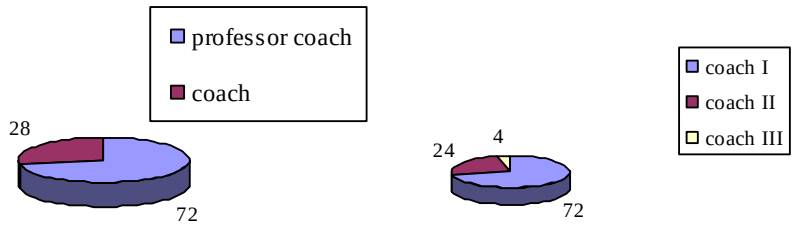


**Figure 1, 2**. Professional characteristics of respondents

**Table 2**. Distribution macrocycles used for developing strength training

| Answer options | 1 macrocycle | 2 macrocycles | 3 macrocycles |
|---|---|---|---|
| share (%) | 4 | 76 | 20 |

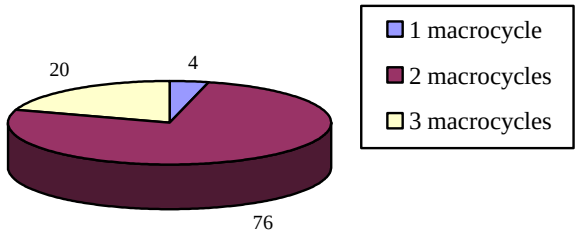


**Figure 3.** Distribution of macrocycles used for developing strength training

**Table 3.** Means to force the development

| Means used in training (force the development) | Preparing general force (Pgf) | Preparing specific to force (psf) | Pfg + pfs |
|---|---|---|---|
| share (%) | 24 | 48 | 28 |

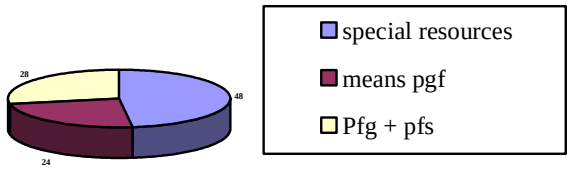


**Figure 4**. Means used to force the development.

**Table 4** Development of force hampered and hindering conditions

| Answer options | Means of hindering | Means laden |
|---|---|---|
| share (%) | 20 | 80 |

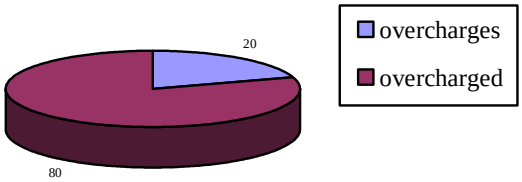


**Figure 5.** Development of force hampered and hindering conditions

**Table 5**. Means of force development used by the majority of respondents

| Nr. crt. | Means of force development runners of the middle run. |
|---|---|
| 1 | Running held on varied terrain (exercise duration) |
| 2 | Running the form of repetitions performed to deal |
| 3 | Running the form of repetitions performed downhill |
| 4 | Pluri Jumping, jumping immediately successive length |
| 5 | Exercises performed on stairs |
| 6 | Running the form of repetitions performed on distances up to 200m with overcharged |
| 7 | Jumping |
| 8 | Dumbbell exercises performed with small loads |
| 9 | Exercises for abdominal muscle development |
| 10 | Exercises for muscle development posterior trunk |
| 11 | Exercises pectoral muscle development (pushed lying) |
| 12 | Walking lunge with overcharges(20 kg dumbbell shoulder) |
| 13 | Linkage peaks with overcharges (20-40 kg) |
| 14 | Flexion leg on the thigh with overcharges (10-30 kg) |
| 15 | Semi squats with detachment |
| 16 | Special Exercises on flat and sloping |
| 17 | Power circuit |

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**Table 6**. Means of specific physical training used by the majority of respondents

| Nr. crt. | The means of specific physical training |
|---|---|
| 1 | Running downhill distance between 80-300m (km) |
| 2 | Pluri Jumping without momentum (number / m) |
| 3 | Analytical exercises performed in circuit muscular groups (number) |
| 4 | Running with coarseness (vest, sand bags) over distances up to 200m (km) |
| 5 | Exercises for legs coarseness (kg) |
| 6 | Exercises for legs heaviness (kg) |
| 7 | Plyometric exercises (number) |
| 8 | Walking lunge with overcharges (kg) |
| 9 | Linkage peaks with overcharges (kg) |
| 10 | Jumping overcharged vertically and horizontally (kg) |

**Table 7.** The share of physical training specific force during

| means used | Periods of training | | | | | |
|---|---|---|---|---|---|---|
| | Preparatory autumn-winter | pre-competitive indoor | indoor competition | Preparatory Spring-Summer | pre-competitive outdoor | Competition outdoor |
| means of pfs | 15% | 35% | 67% | 32% | 65% | 75% |

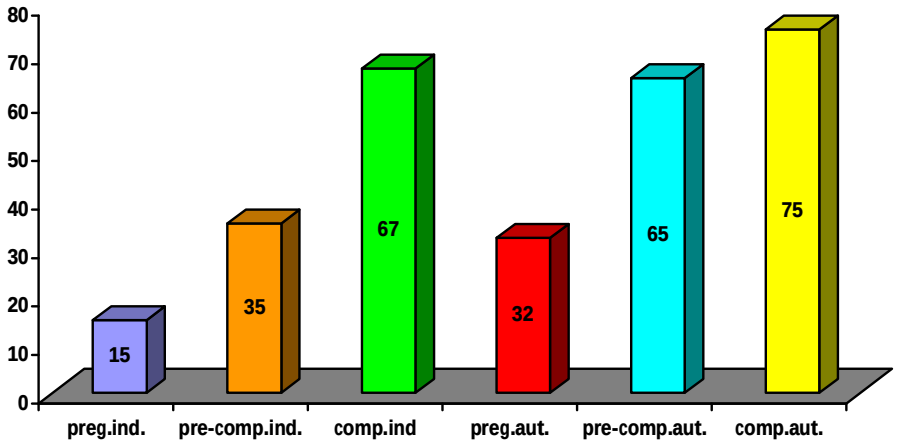


**Figure 6**. The share of physical training specific force during

**Table 8**. Distribution of means of force development during annual training macrocycle

| Means | The amount of money during the annual macrocycle | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | IX | X | XI | XII | I | II | III | IV | V | VI | VII | VIII |
| Running in varied terrain (duration) | No | xx Yes | xxx Yes | xxx Yes | No | No | xxx Yes | xxx Yes | xx Yes | x Yes | No | No |
| Running downhill distance between 80-300m (km) | No | xx Yes | xxx Yes | xxxx Yes | xx Yes | No | xxx No | xxx Yes | xx Yes | Yes | No | No |
| Running downhill distance between 80-300m (km) | No | xx Yes | xxx Yes | xxxx Yes | xx Yes | No | xxx No | xxx Yes | xx Yes | Yes | No | No |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Pluri Jumping without enthusiasm (no / m) | x Yes | xx Yes | xxx Yes | xxx Yes | xx Yes | xx Yes | xx Yes | xxx Yes | xx Yes | xx Yes | xx Yes | x Yes |
| Running on the ascent and descent speed (duration) | No | No | xxx Yes | xxx Yes | No | No | No | xxx Yes | xxx Yes | xxx Yes | No | No |
| Exercises steps (duration) | No | xx Yes | xxxx Yes | xxxx Yes | No | No | xx Yes | xxxx Yes | xxx Yes | xxx Yes | No | No |
| Running with overchanges max distance of 200 m | No | No | xx Yes | xxx Yes | xx Yes | No | No | xxxx Yes | xxx Yes | xx Yes | No | No |
| Jumping fences | No | No | xxx Yes | xxx Yes | xx Yes | xx Yes | xxx Yes | xxx Yes | xxx Yes | xx Yes | xx Yes | No |
| Exercises dumbbell (weight 20-40% of body weight) | No | xxx Yes | xxx Yes | No | No | Nu | xx Yes | xx Yes | xx Yes | No | No | No |
| Circuit analytical strength exercises | No | xx Yes | xxx No | xxxx Yes | xxx No | No | No | xxxx Yes | xxxx No | xx Yes | x Yes | No |
| Legend: x – small volume<br>xx – medium volume<br>xxx –large<br>xxxx – maximal volume | | | | | | | | | | | | |

**Discussion**

Table 1 and Figure 1.2. profession and seniority level teacher / coach category.

Most respondents are employed as teachers in schools, 88% have higher academic degrees (grade I and II), but obtained and higher categories coach. Coaches, who are engaged in sports clubs have higher qualifications, 96% Class I or II, 52% are coaches of athletes components of the Olympic team.

Table 2 and Figure 3 the analysis of responses, we find that 76% of coaches two macrocycles using force development, 20% are adept at using three macrocycles and only 4% using a single macrocycle. All coaches use means of force development.

In Table 3 and Figure 4, the question as contribute to developing strength through general education and / or specific, we find that 48% of coaches use specific means for developing strength, 24% of them using means of general physical training and 28% uses both specific means and means general physical preparedness.

In Table 4 and Figure 5, the question of how you work laden or hindering conditions, we find that 20 coaches (80%) adhere to the principle of working in laden condition (step deal) and only 5 coaches (20%) use exercises the coarseness (vest, sand bags, dumbbells) to develop specific force.

Table 5 presents the means of developing the force used by most respondents.

Are presented in Table 6. specific physical training facilities used by most respondents.

Table 7 and Figure 6 is observed distribution of means of force development during annual training macrocycle coaches have common views, but also divergent. In summary, we present converging views of respondents on this. Specific physical preparation of the force increases from one stage to another both in winter and summer.

Table 8. As regards the distribution of the means of force development during annual training macrocycle, most coaches say they use all year round means of education / force development. Use common means both for general physical training and special physical preparation.

Experimental Rationale means of force-velocity training middle run quickly and their distribution in annual cycle stage-depth specialization (Povestca, 1988). Preparation of force a runner middle run (800m) sports upper stage mastery.

**Conclusions.**

To improve performance middle run samples from (800m) must be developed specific force required. Develop specific force required by special physical training.

Coaches best runner (800m) of Romania, in the training program include special training to develop specific to force.

Among the coaches surveyed, 85% use throughout the year common means of education / force development.

Most coaches use ten specific means of force training. Only 15% of the coaches use of force development analytical exercises specific to muscle chains (bone structure - muscular groups - joints - ligaments) specifically involved in the effort: the start and launch the start (starting power); running along the (power acceleration and power resistance).

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