

TRAINING LOAD MONITORING AND SPECIFIC JUDO PERFORMANCE IN CADET AND JUNIOR JUDO ATHLETES

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INTRODUCTION

Judo is a complex sport, where technical, tactical, physical, and psychological factors interact to determine athlete performance. For sports where training load (TL) is difficult to monitor Foster et al. (2001) proposed the rating of perceived exertion of each session (RPE-session) multiplied by training duration as an indirect and useful measurement. However, no study was found that used this method to access the TL in judo athletes. Additionally, as cadet and junior competitions have gained more attention in recent years, it is important to note how these athletes respond to specific mesocycles

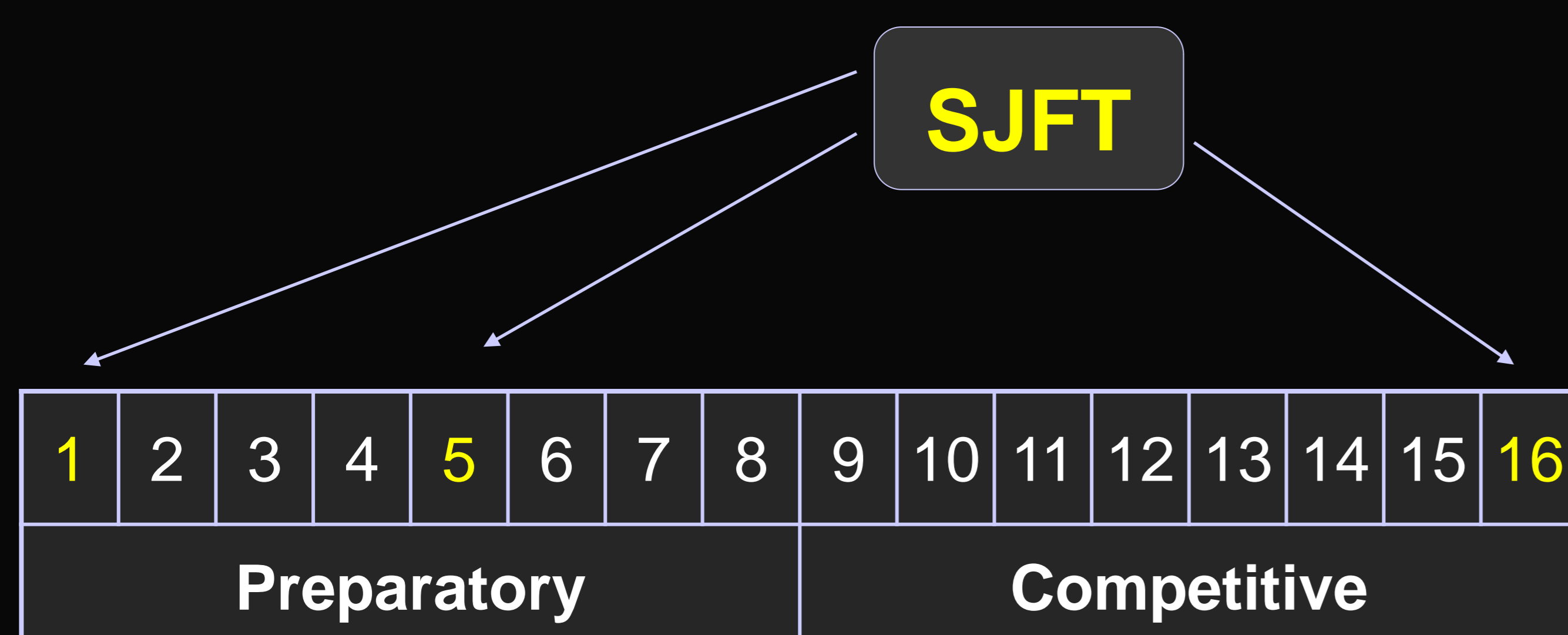
PURPOSE

Monitor the TL, accessed through the RPE-session, and performance in the Special Judo Fitness Test (SJFT) in cadet and junior judo athletes.

METHODS

13 state level judo athletes from Barueri/ Cotia : 7 cadets (15.6 ± 0.4 years-old) and 6 juniors (17.53 ± 0.6 years-old).

Two training periods were monitored: a preparatory period (8 weeks) and a competitive period (8 weeks). RPE-session was registered on each training session and mean weekly values were calculated, while SJFT was performed at the beginning, at 5th and 16th weeks. A two-way analysis of variance (group and moment) with repeated measurements and a Tukey test was used to compare age groups and moment.



RESULTS

There was an interaction effect between age group and period of RPE-session assessment ($p = 0.003$) on training load. The main result was that cadet judo athletes presented a lower TL compared to junior judo athletes in the 11th week ($p < 0.001$) (see Figure 1). An effect of age was found for SJFT performance ($p = 0.002$), with cadets presenting worse index (14.2 ± 1.2) compared to junior (13.0 ± 0.6) (Table 1).

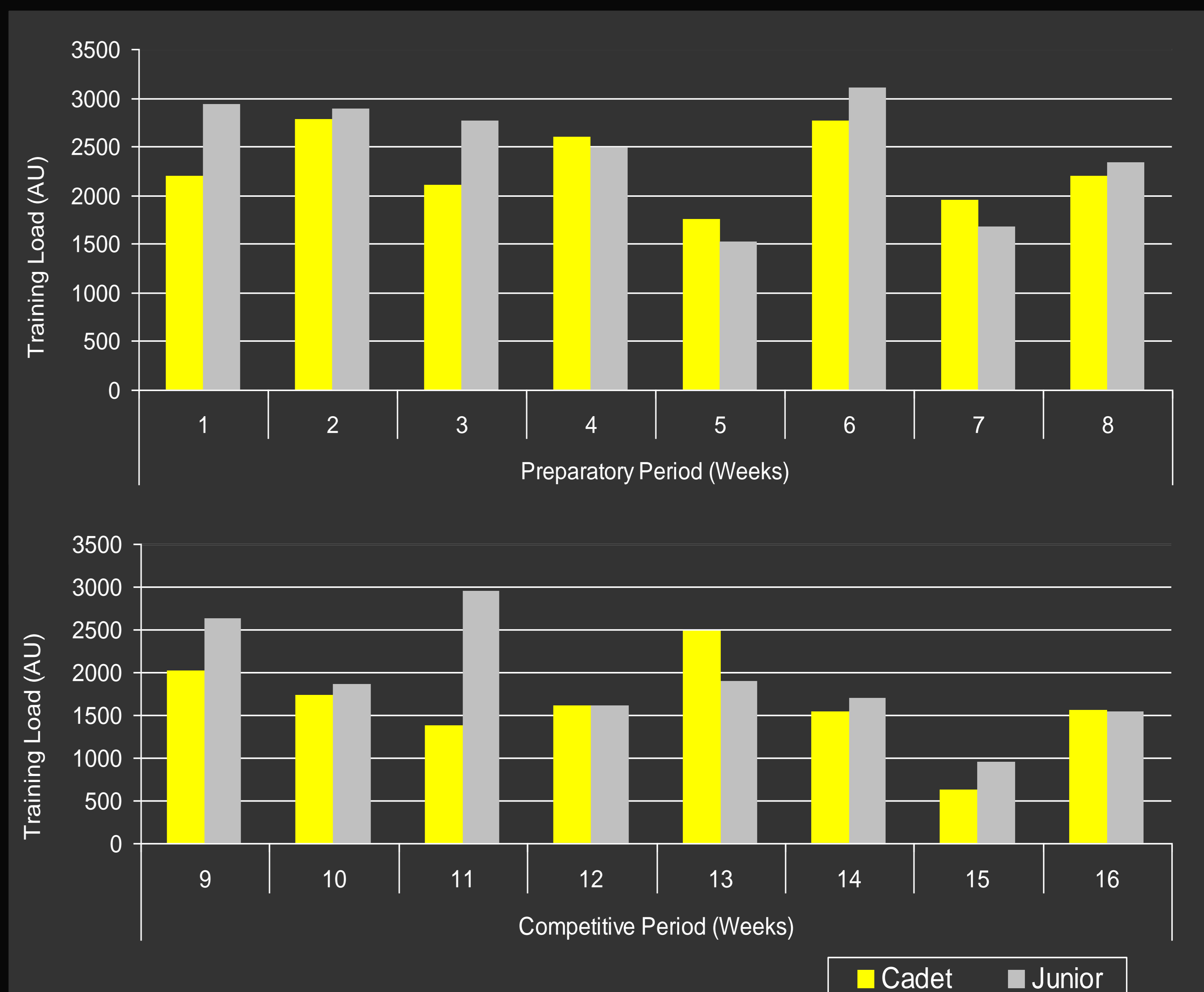


Figure 1. Training Load in Preparatory and Competitive Periods

Table. 1 SJFT index in the weeks

	1	5	16	Mean
Cadet	14.8 ± 0.8	14.2 ± 1.1	13.5 ± 1.2	14.2 ± 1.0
Junior	12.9 ± 0.6	13.2 ± 0.8	12.9 ± 0.6	13.0 ± 0.6

CONCLUSIONS

Although SJFT performance did not change in this period, the TL determined via RPE-session was useful to detect changes imposed by the periodisation utilized.