

ENDURANCE - STAMINA

If you remember, endurance is our capacity to keep an effort/activity going for a long time. It is also related to the capacity of recovering after an effort.

TYPES OF ENDURANCE

There are 2 types depending on the intensity of the effort. The level of intensity determines if the oxygen for the activity is enough or not.



Aerobic endurance

Aerobic means "with oxygen." Aerobic endurance is when the oxygen for the muscles is enough to do the activity. They are usually long activities with medium intensity. Intensity that can increase with training.

Examples: jogging, swimming, cycling... Always at a moderate rhythm (140/160 BPM)

You will improve your cardiovascular and respiratory capacity; it is the recommended training for your age.

Anaerobic endurance

Anaerobic means "without oxygen." It is when the oxygen that reaches the muscle IS NOT enough for the activity. Our body uses other sources (like glycogen), but immediately runs out, possibly causing the athlete to faint. They are high intensity efforts (between 80-100% of the MHR) that usually last between 30 seconds and 4-5 minutes.

Examples: short and intense; racinq (400 metres), cycling (climbing a mountain or a steep slope); swimming (50 metres max. speed)... any sport at a high intensity becomes anaerobic.

You will improve your capacity to keep an intense effort, especially in sports. It is not recommended to do too many anaerobic trainings at your age, and when is done it should be done with an optimum base of aerobic preparation.



Effects of endurance training

- ✓ Increase of heart cavity, which will allow the heart store more blood throughout the body.
- ✓ Therefore, thanks to the aerobic work, heart will work more efficiently and effectively.
- ✓ Increase in the thickness of the heart wall (work anaerobic).
- ✓ Improve the functioning of the respiratory system.
- ✓ The set of changes that occur in the system with the practice of physical activity, are closely related to the cardiovascular system. Cardio respiratory structures becoming more efficient and effective operation are strengthened.
- ✓ A high endurance capacity provides a strong basis and stability for overall health.
- ✓ Although the endurance is trainable in all ages, the sensitive phase is situated at puberty due to the increased size of the rib cage and therefore the heart and lungs. It is for this reason that, in aerobic endurance training at this stage affects the later performance capacity.

Training methods for improving the endurance

- ✓ **Continuous running to a uniform rate:** consists of running form continuously, that is, for a long period of time to a slow, medium or fast rhythm.
- ✓ **Continuous running to a variable rate:** It consists of running form continuously, that is, for a long period of time by changing the intensity of the race.
- ✓ **Continuous running to a progressive rhythm:** The running starts slowly and gradually it is increasing.

