

Evaluation of the anaerobe effort capacity

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Abstract

This article aims at presenting the main methods by which can be evaluated the effort anaerobe capacity, as well as their role in conducting the physical training, depending on the performance level, sportsman's preparation level, training stage, age and sex; depending on the above-mentioned criteria, are recommended certain tests, related mainly to the specificity (intensity, duration) of the practiced effort. Also, the concomitant appreciation of the aerobic capacity can direct us in evaluation the sportsman's performance reserves.

Key-words: anaerobe, effort, training

