

Mathematical model and optimal control of young swimmers in training

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Condition: New. Publisher/Verlag: LAP Lambert Academic Publishing | A rapid increase of athletic performance has considerably updated the need of a strict control over training loads. To meet competitive sport requirements, coaches increased the volume and intensity of sports training. However, the trend of this phenomenon has approached the limits of adaptability of human organism. Therefore, contemporary the increase in effectiveness of training should result from an optimization process. The greatest sport achievements are the domain of a small number of people in whom inborn talents have found the optimal conditions for the growth and improvement. Favorable living conditions can cause the development of talents, while minor errors in the training process reduce opportunities of development of talented sportsperson, and may even halt it completely. In this context a proper dosage of training loads is therefore fundamental for directing the process of sport preparation. Loads that excess the current system capabilities can lead to overtraining or injuries, while excessive caution will not lead to the expected sport results. This paper is about a scientific search of objective methods that can be applied in control of a sports training. | Format: Paperback | Language/Sprache: english | 144 gr | 220x150x5 mm...



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