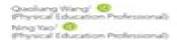
IMPACTS OF CROSSFIT TRAINING ON THE TENNIS ATHLETE'S PERFORMANCE

IMPACTOS DO TREINAMENTO DE CROSSFIT SOBRE O DESEMPENHO DOS ATLETAS DE TÊNIS

IMPACTO DEL ENTRENAMIENTO DE CROSSEIT EN EL RENDIMIENTO DE ATLETAS DE TENIS





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ABSTRACT

Introduction: The competitive level of tennis has increased in recent years, challenging researchers to promote a higher level of endurance and performance of its practitioners. Objective: Analyze the impacts of CrossFit training on the performance of tennis athletes. Methods: This work conducted a four-week experiment with 50 professional tennis players, introducing a protocol based on CrossFit training to the experimental group. Levels of sports endurance and competition performance were statistically analyzed before and after the experiment. It was also analyzed whether CrossFit training could effectively improve tennis players sports endurance and performance level. Results: After the intervention, the time required for the tennis players to take off and hit the ball 20 times in those steps after the recoil was reduced from 71.12 seconds before the experiment to 60.04 seconds in the experimental group. The forehand strike's linear and diagonal speeds increased by 11.00% and 6.5.7%, respectively. And the number of effective and accurate balls in the recoil increased by 5.8.7% and 5.5.8%. Conclusion: CrossFit training can improve tennis players' sporting endurance, playing a positive role in improving the players' fever. Level of evidence & Therapeutic studies - investigation of treatment outcomes.

Keywords: Physical Education and Training, Tennis, Physical Fitness.

RESUMO

Introdução: O nível competitivo do tênis tem se elevado nos últimos anos, desafiando os pesquisadores na promoção de um maior nível de resistência e desempenho dos seus praticantes. Objetivo: Analisar os impactos do trenamento de Crossfit sobre o desempenho dos atletas de tênis. Nétodos: Este trabalho condusiu uma expenência de quatra semanas com 50 tenistas profissioniais, introdusimo um protocolo baseado no trenamento de Crossfit ao grupo experimental. Níveis de resistência esportiva e o desempenho na competição foram analisados estatisticamente antes e depois do experimento, também foi analisado se o treinamento Crossfit podema efetivamente melhorar a resistência esportiva e o nível de desempenho das tenistas. Resultados: Após a intervenção, o tempo necessários para os tenistas decolarem e baterem na bola por 20 vezes em três etapas após o recua foi reduzido de 71,12 segundos antes do experimento para 60,04 segundos, no grupo experimental A velocidade linear e a velocidade diagonal da batida dianteira também aumentaram em 11,00% e 6,57%, respectivamente. Sendo que o número de bolas efetivas e de bolas precisas no recua aumentaram em 5,87% e 5,58%. Conclusão: O treinamento de Crossfit pode melhorar a resistência exportiva dos tenistas, desempenhando um papel positivo na melhora do nível dos jogadores. **Nível de midência II; Estudos terapáuticos - investigação dos resultados do tratamento**.

Descritores: Educação Fisica e Treinamento; Tênio, Aptidão Fisica.

RESUMEN

Introducción: El nivel competitivo del tenis ha aumentado en los últimos años, desaflando a las investigadores en la promoción de un mayor nivel de resistencia y rendimiento de sus practicantes. Objetiva: Analizar los impactos del entrenamiento de Crossit en el rendimiento de adetas de tenis. Métodos: Este trabajo realizó un experimento de cuatro semanas con 50 tenistas profesionales, introduciendo en el grupo experimentol un protocolo-basado en el entrenamiento Crossit 5.5 e analizaron estadisticamente los niveles de resistencia disportiva y rendimiento en competición antes y después del experimento, también se analizar se el entrenamiento de Crossit podía mejorar eficazmente la resistencia deportiva y el nivel de rendimiento de los tenistas. Resultados: Después de la intervención, el tiempo requerido por las tenistas para despegar y golpear la pelota durante 20 veces en tres pasos después del retroceso se redujo de 71,12 segundos antes del experimento a 60,04 segundos en el grupo experimental. La velocidad diagonal del golpe de derecha también aumentaron un 11,00% y un 6,57%, respectivamente. Siendo que el número de pelotas efectivas y de pelotas precisas en el retiro aumentaron en 5,87%, respectivamente. El entrenamiento de Crossit puede resporar la resistencia deportiva de los tenistas, desemperiondo un papel positivo en la mejora del nivel de los jugadores. Mivel de evidencia II; Estudios tenap-luticos - investigación de los resultados del tratamiento.



Descriptores: Educación y Entrenamiento Físico; Tenis; Apritud Física.

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