

Meditation For Elite Performers Volume 2

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Psychological and Performance Concomitants of Increased Volume Training in Elite Athletes

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Fifteen athletes, eight males and seven females, from the sport of judo served as subjects in a study investigating the effects of increased training loads on various psychological characteristics. Subjects were monitored over a ten week period. Three phases of training were employed: baseline, increased conditioning training volume, and increased sport specific training volume. Psychological instruments administered at weeks 2, 4, 8, and 10 assessed a variety of variables in the areas of mood state, competitive anxiety, sport specific psychological skills, clinical disorder signs, and perceptions of training. Physical performance measures were also assessed to monitor speed, strength, and aerobic and anaerobic endurance. Results indicated that athletes were significantly angrier at week 10 than at baseline, showed a significant increase in fatigue at week 8 compared to baseline, and rated their perceived effort highest at week 8. Significant changes during the training period were also noted on the variables of general anxiety, somatic competitive anxiety, and competitive self-confidence, as well as subjective ratings of amount of effort expended and closeness to peak performance. Performance measures indicated a decrease in both anaerobic endurance and strength by the end of week 10. Results are discussed with regard to implications for training in elite athlete populations.

Can athletes train too hard? What psychological and physical effects are generated by high volume and high intensity training? The history of the development of amateur athletics in this country has been character-

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