

Comparison of effect of two exhaustion program on performance and blood lactic acid in young taekwondo athletes

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Fatigue is one of the risk factors of sport injury, so it should be consider in order to reduce sport injuries. The aim of this study was to compare the effect of two different type of fatigue protocol on blood lactate and sport performance in the young female taekwondo player. Ten taekwondo athletes with at least 3 years sport experience, participate in the study (age: 20.7 ± 2.49 , mean weight: 56.6 ± 6.52 kg, mean height: 166.8cm). They carried out first fatigue protocol that named "standard protocol" and it included, 30 meter run as fastest as they could. After one week they carried out second fatigue protocol that named "special protocol" and it included, perform Taekwondo kicks on Mitt as fastest as they could. Before and after both protocols blood lactate, static balance, explosive power and agility were examined. Kolmogrov - smirnov test and T - student test were used to analyses data. The result of this study showed that both standard and special fatigue protocol had coefficient effect on blood lactate, static balance, explosive power and agility. There aren't any coefficient differences between standard and special fatigue protocols on static balance and explosive power.

Keywords : Fatigue, Blood lactic acid, Static balance, Explosive power, Agility, Taekwondo

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