

# **The effect of concurrent strength and endurance training protocol intense on indicators fatigue female athletes**

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**Abstract** At the same time, this study investigated the effect of concurrent strength and endurance training protocol intense on AST, ALT, ALP, LDH and CPK in athlete girls. This quasi-experimental research, which conducted the field. The population of this study in healthy female athletes aged 20 to 30 formed two clubs of the city of Rasht That out of the 20 volunteers, 10 people were ed as sample. That one week before the exercise protocol athletes referred to the rehearsal hall and attend classes the consent form and completed questionnaires sports medical records. Performed resistance training first-endurance and endurance training after three days of rest - Resistance. First blood samples before and after resistance training and resistance training, Finally, after three days of rest after endurance training, The second sample before and after endurance training and endurance training after resistance training were measured at the end. Which was a total of 6 times the subject's blood, Statistical analysis using repeated measures by SPSS version 22 was tested. The results showed AST, ALT, ALP, LDH and CPK in-endurance resistance training three first and three second-resistance strength training showed no significant difference( $P>0/05$ ). Between the two methods of resistance training, endurance and stamina-resistance there was no significant difference on fatigue and enzyme indexes ( $P>0/05$ ). Conclusion: Results of this study showed no significant difference between the two methods was practiced in various stages, the participants in this study athleticism probably one of the reasons why this is significant.

**Keywords :** Keywords: endurance, strength, aspartate aminotransferase, lactate dehydrogenase, alanine aminotransferase, alkaline phosphatase, creatine phosphokinase, fatigue, female athletes.

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