

Investigations on the Effects of Intensive Combine Trainings Applied to Oil Wrestlers on Anthropometric, Biomotoric and Some Physiological Features

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SUMMARY The aim of the present study is to investigate the effects of the intensive combined trainings which are implemented on oil wrestlers on anthropometric, biomotoric and some physiological features during camp session. Fourteen (n: 14) elite wrestlers joined to the study voluntarily and participated in the research of oil wrestler's entrance on average; age 19.0 ± 1.46 years, height 176.3 ± 5.4 cm., body weights 82.2 ± 11.6 kg. and sports ages also 7.5 ± 2.0 years. In the research, anthropometric, biomotoric and physiological measurements of the wrestlers were taken. The training program was implemented as 4 weeks, 5 days a week and two hours a day. Paired t- test was used for statistical analyzes. As a result of comparing pre and post-tests of anthropometric features, biomotoric tests (strength, sprint and endurance) and physiologic tests (resting heart rate), differences were found to be statistically significant ($p < 0.05$). In conclusion; four-week intensive combine trainings affected the oil wrestlers' performances positively.