

Determining the Endurance Property in Female Soccer Players During Pre-season and In-season

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ABSTRACT The purpose of this study was to determine the endurance characteristic of woman football players during pre-season and in season. The study group consisted of 20 voluntary participants who were soccer players at Marmara University. Bioelectric impedance to determine the body compositions of the players, Yo-yo Intermittent Recovery Test to determine the aerobic capacities, lactate test from fingertip to specify lactate concentration, and total blood parameters to establish hemoglobin concentration were utilized. As a result of the study, a significant difference has been found between the findings obtained from the tests performed during pre-season and the findings obtained from the tests performed during in-season. Significant differences can be observed between pre and posttests values of hemoglobin concentrations, yo-yo and VO₂Max (p<0.01). Although the lactate levels taken before the yo-yo test vary considerably from pre-season to in-season (p<0.05), same significant difference does not exist for the lactate levels taken after the yo-yo test.