

**METHODES DE CONTRÔLE
D' EFFICACITE
D' UNE PERIODE D' ENTRAINEMENT
EN SPRINT ASSISTE EN NATATION**

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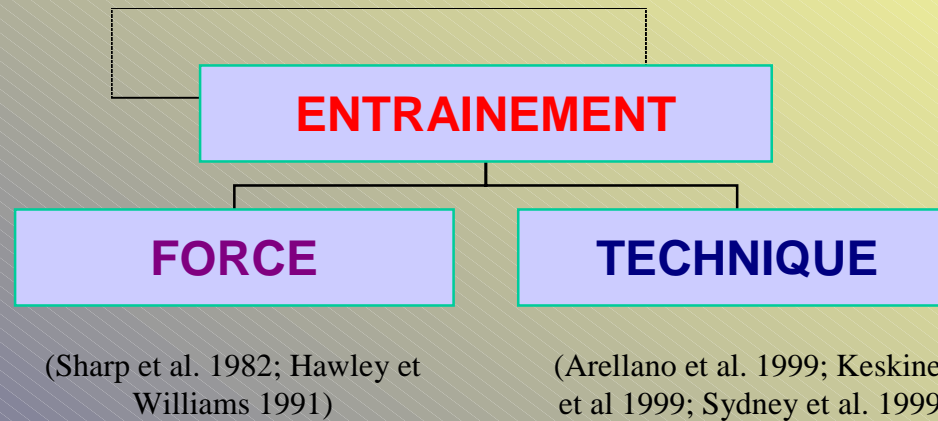
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ENTRAINEMENT EN SPRINT ASSISTE EN NATATION

INTRODUCTION



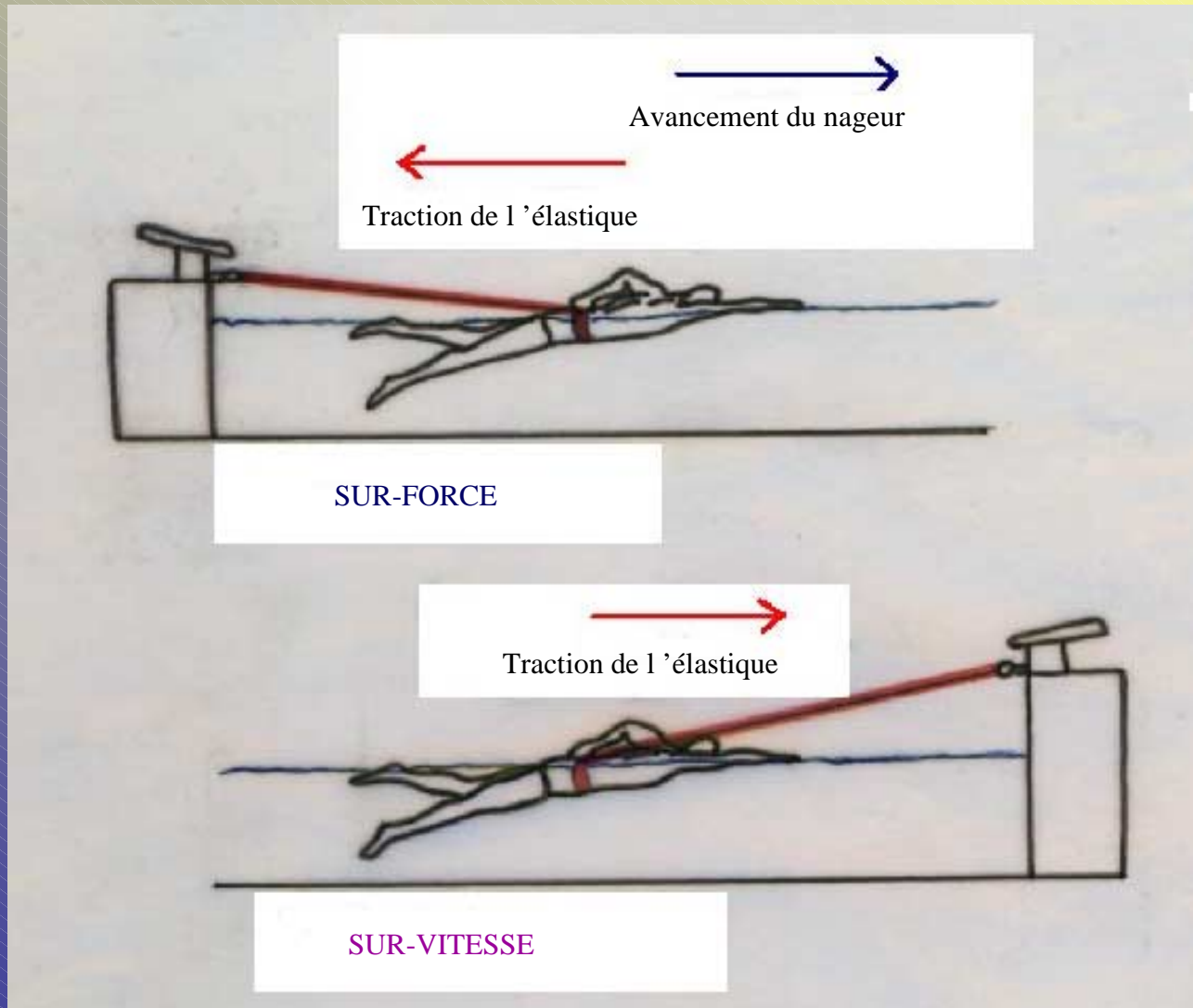
PERFORMANCE

LE MODELE ATHLETIQUE

(Delecluse et al. 1995)



METHODOLOGIE



DEROULEMENT

9 GARCONS / 10 FILLES



3 GROUPES
3 SEMAINES
3 FOIS / SEMAINE

SUR-VITESSE
12 x 25m

SUR-FORCE
6 x (30s / 30s)

TEMOIN
6 x 50m

FORCE



CYBEX

BICEPS
Fléchisseurs

TRICEPS
Extenseurs

ISOCINETIQUE
60 deg/s
180 deg/s

ISOMETRIQUE

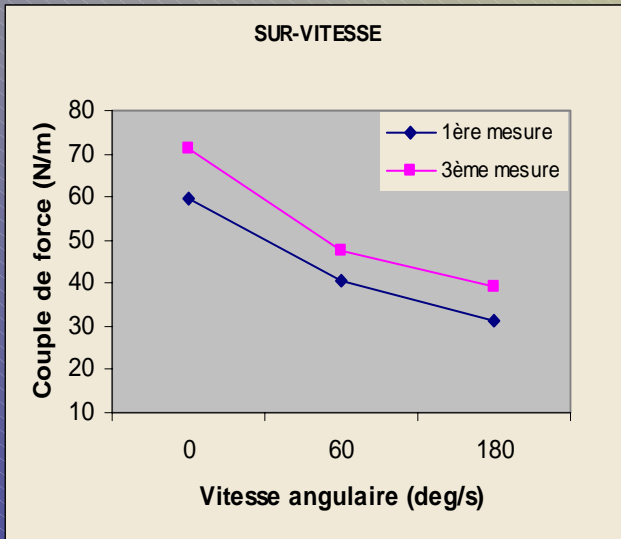
ISOCINETIQUE
60 deg/s
180 deg/s

ISOMETRIQUE

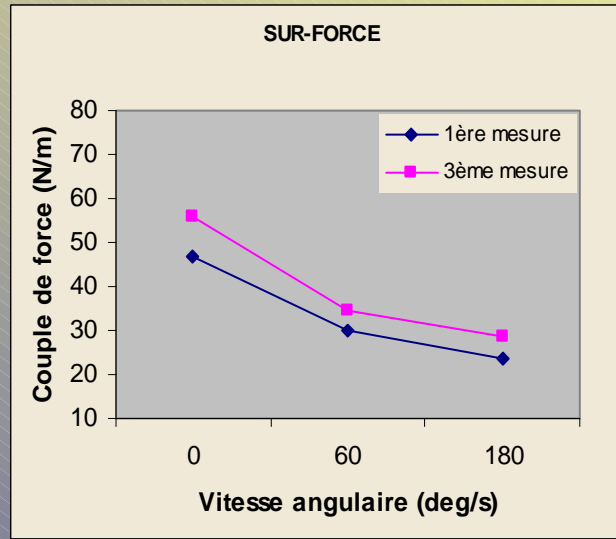
RESULTATS

FORCE

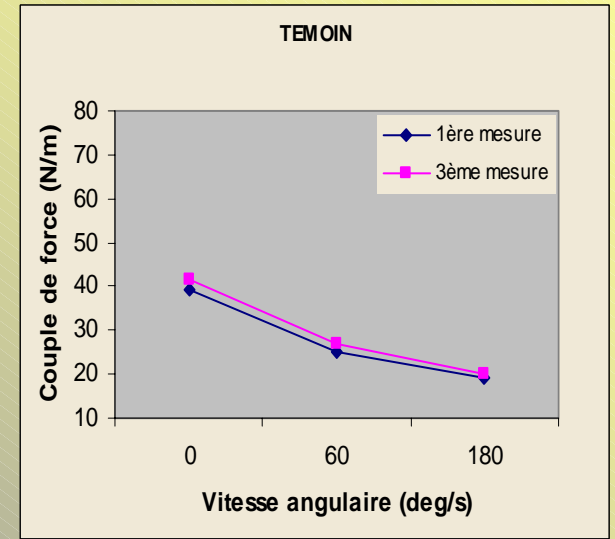
FLECHISSEURS



NS

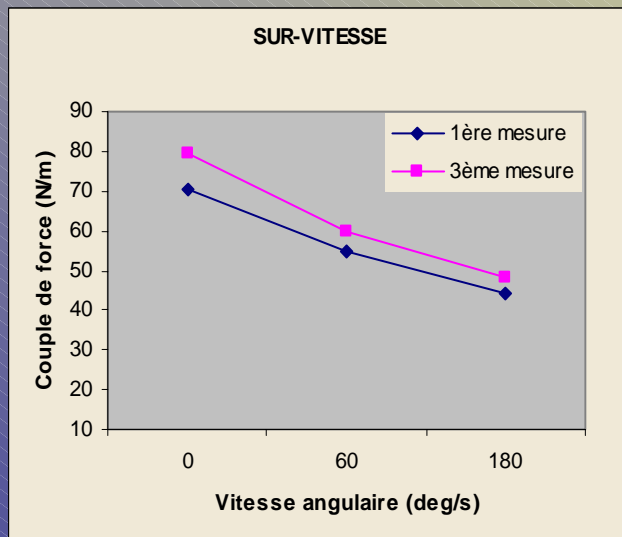


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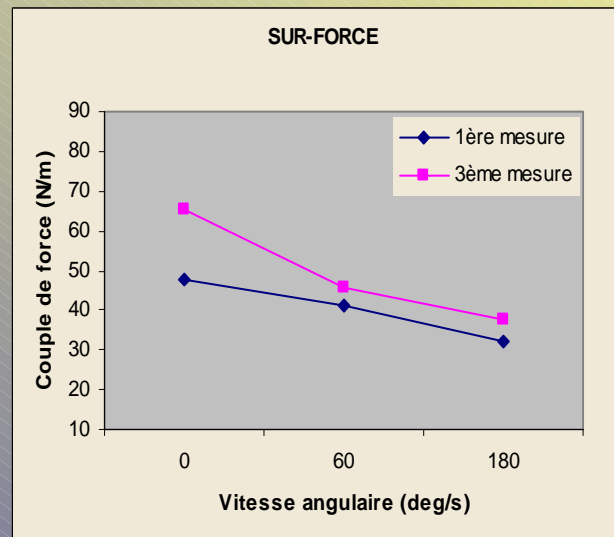


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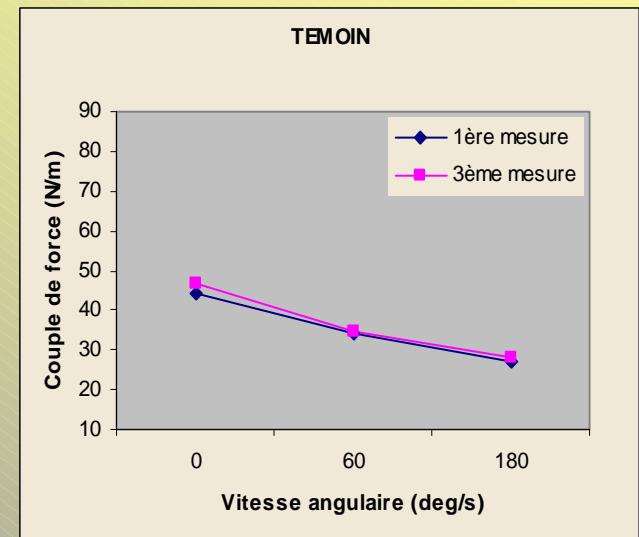
EXTENSEURS



NS

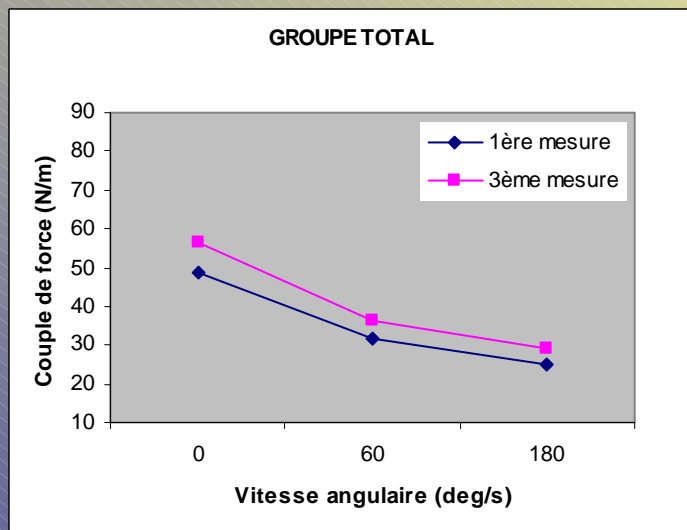


**P<0,01 EN
ISOMETRIE**



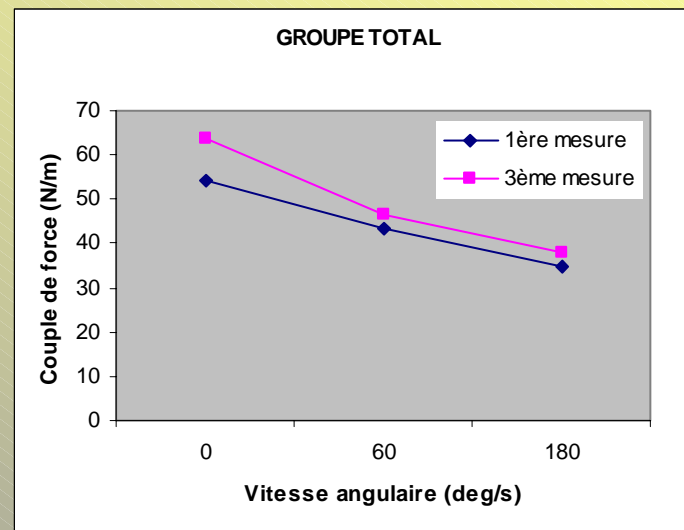
NS

FLECHISSEURS



NS

EXTENSEURS



**P<0,05 EN
ISOMETRIE**

DISCUSSION

SF

SV

TEMOIN



**PROGRESSION
LA PLUS
IMPORTANTE**

**PROGRESSION
NON
SIGNIFICATIVE**

**PROGRESSION
LA MOINS
IMPORTANTE**

POPULATION MIXTE



↗ FILLES > ↗ GARCONS

CONCLUSION

**INTERET AU NIVEAU DES
PERFORMANCES**

INTERET DANS LA FORME

EVOLUTION

QUANTIFIER

CROISER

ADAPTER