CONSIDERATIONS ABOUT THE PLANNING AND THE DYNAMICS OF THE TRAINING PROCESS

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Abstract
The sport training must be well planned in order to achieve high performances. The programs are according to the physical and functional possibilities of the athletes.
The training it self represents the fundamental method of practice of the athlete, based on the use of the exercises in a specific sequence, repeated a specific number of times, with specific intensities, at specific time intervals. The paper aim was to determine the importance of planning the training in order to obtain the performance in sport.
Keywords: *training, adaptation, planning, results.*

Introduction
The realization of a sports activity implies making efforts of different complexities. The practical results, the effects of these activities depend primarily on the exigencies of the respective activity and on the individual's possibilities.
Planning dynamics, records and analysis of the training represent the means to ensure a scientific management of the training process.
Aim and premise of the research
The high exigencies of performance sports lead to a high degree of improvement of the motor skills. Achieving performance is the result of a training process spread out over several years, during which the athlete, through an integrative system, perfects his/her motor skills, techniques, physical and volitional abilities, and consolidates his/her knowledge and health condition.
The training it self represents the fundamental method of practice of the athlete, based on the use of the exercises in a specific sequence, repeated a specific number of times, with specific intensities, at specific time intervals.
Their fusion in various proportions leads to the global or differentiated development of the motor skills which directly condition the athlete's possibilities. [1]
From intention to achievement there is the action, the daily sport training. Within it, the coach-athlete relationship is in a tight interdependency (Figure 1a, 1b).

The intensity of the effort represents the fundamental element which permanently strains and leads to the improvement of sports efficiency. [2]
This progression refers to two parameters:
- the athlete's momentary possibilities
- the demands of the proposed performance objectives.

The parameters draw between them the general curve of effort and training.
In terms of the first parameter (the momentary potential), performing another training involves taking into account several aspects:
1. The effort does not reach the momentary-limit possibilities of the athlete, thus resulting in decreasing the degree of training.
2. The effort reaches the threshold of momentary-limit possibilities of the athlete, resulting in maintaining the degree of training.
3. The effort exceeds the limit threshold of possibilities, resulting in the increase of the degree of training.
4. The effort greatly exceeds the athlete's threshold of possibilities, resulting in overtraining.

Materials and methods
The balance between the intensity and the volume of the stress during the training, on the one hand, and the possibilities of adaptation of the organism, on the other hand, can be expressed by the correlation between the results obtained in the Ruffier effort functional test and by the control test of 600m run, with two middle-distance runners as subjects.

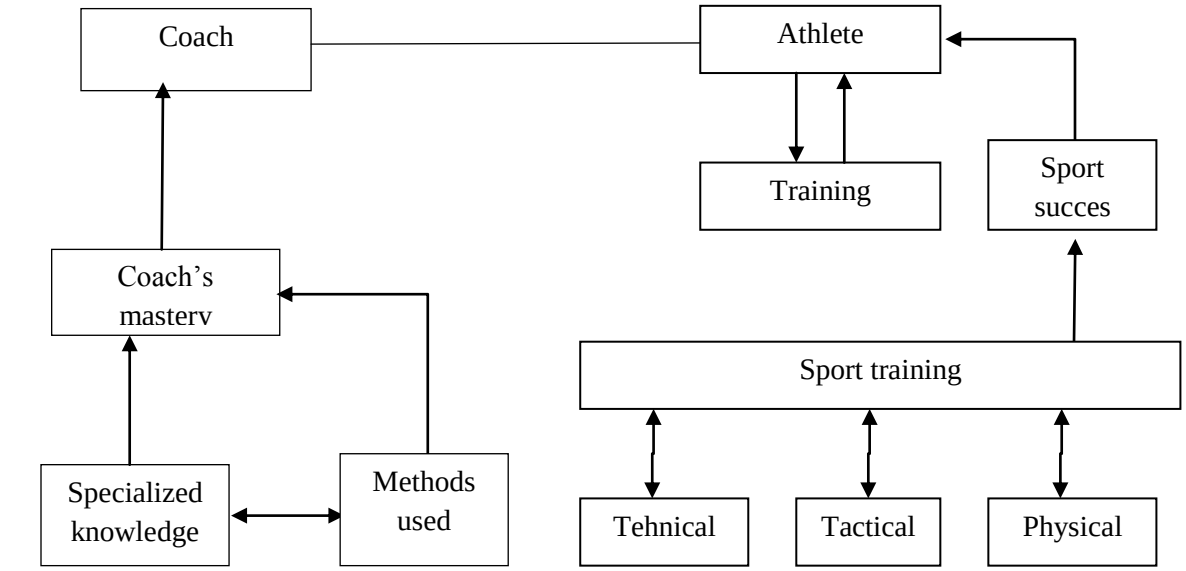

Figure 1a. Coach-training-athlete interrelationship [3]

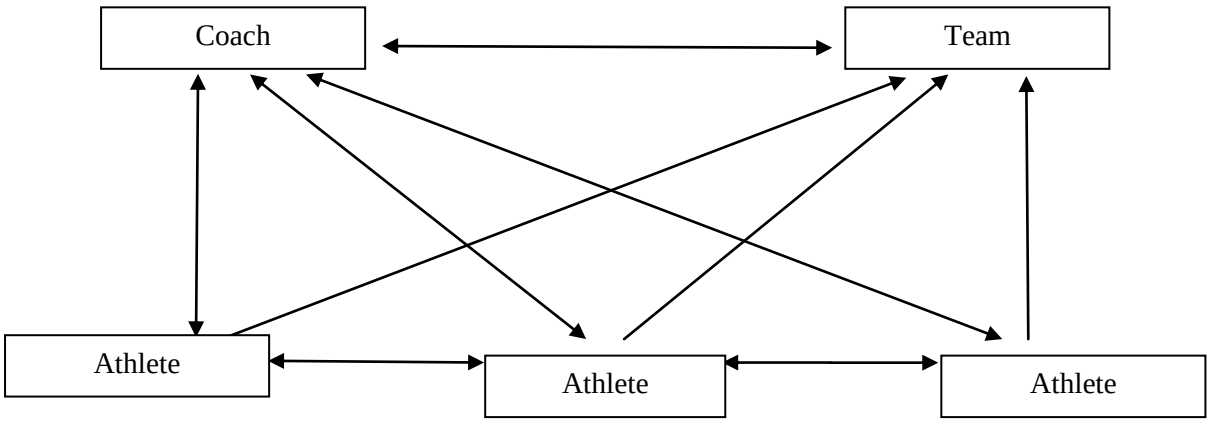

Figure 1b. Coach-training-athlete interrelationship [3]

Results and interpretation of data

The result of functional test is expressed by an index in the form of a figure, and the result of the 600m race in minutes, seconds and tenths allowing an immediate easy appreciation of the effort.

Tabel no.1. Results in the 600m race

	Oct.	Nov.	Dec.	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.
Values for A	1:28.5	1:26.4	1:26.2	1:26.0	1:25.8	1:25.1	1:24.7	1:24.5	1:24.3	1:23.8
Differences		2.1	0.2	0.2	0.2	0.7	0.4	0.2	0.2	0.5
Values for B	1:30.5	1:28.1	1:27.2	1:27.0	1:26.6	1:26.5	1:26.0	1:26.1	1:26.6	1:25.3
Differences		2.4	0.9	0.2	0.4	0.1	0.5	0.1	0.5	0.3

Tabel no.2. Results in the Ruffier functional test

	Oct.	Nov.	Dec.	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.
Values for A	3	1.6	1.4	1.4	1.2	0.6	0	-1	-1.2	-1.4
Differences		1.4	0.2	0	0.2	0.6	0.6	1	0.2	0.2
Values for B	4.2	2.4	1.6	1.4	1.4	0.6	0	0	0.4	0.4
Differences		1.8	0.8	0.2	0	0.8	0.6	0	0.4	0

Over a one-year training the Ruffier index had an increase of 4.4 units for subject A, corresponding to 4.70.00 in the 600m race, and subject B – 3.8 units corresponding to 5.20.00. It can be noticed a significant relationship between the two indices, the lowest values correspond to the best times.

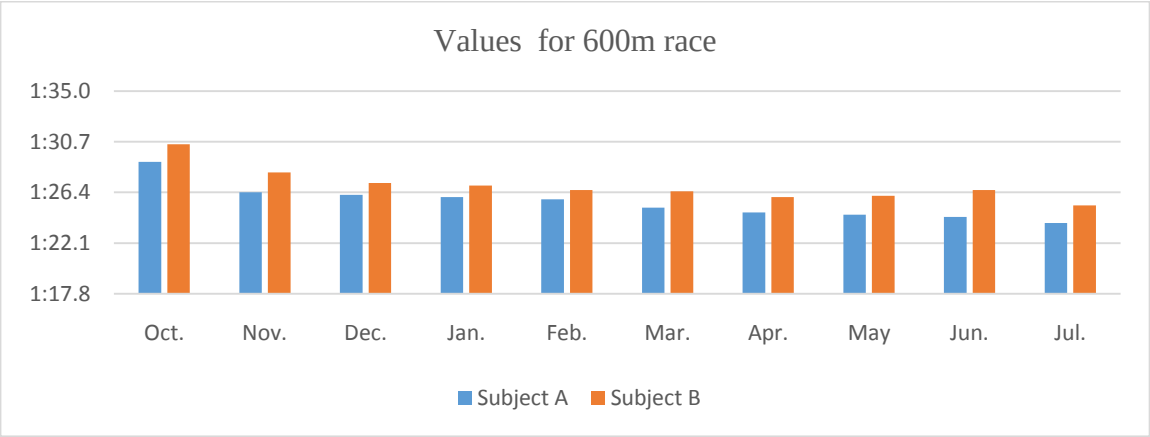

Figure 2. Values for 600m race

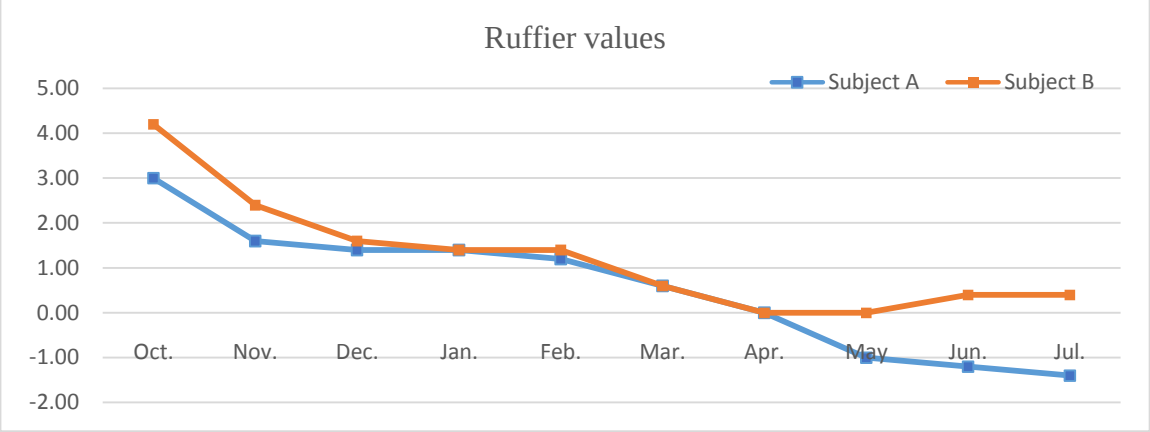

Figure 3. Ruffier values

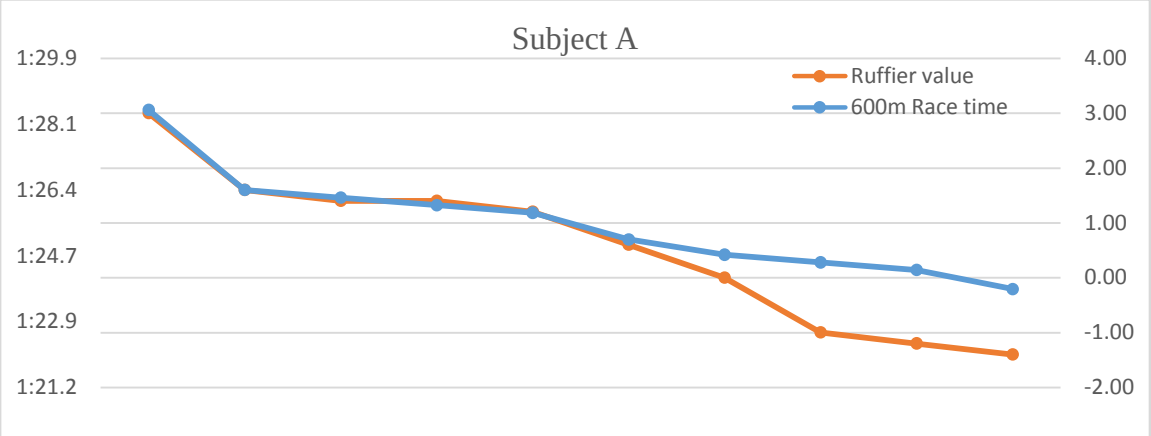

Figure 4. Subject A

We may notice in subject A a big difference between the progress realized in April (2" in the control test) and the qualitative leap of the values of the Ruffier index in the same period. The same finding is valid also for subject B in February, a 1" progress in the control test compared to 0.8 in the functional index.

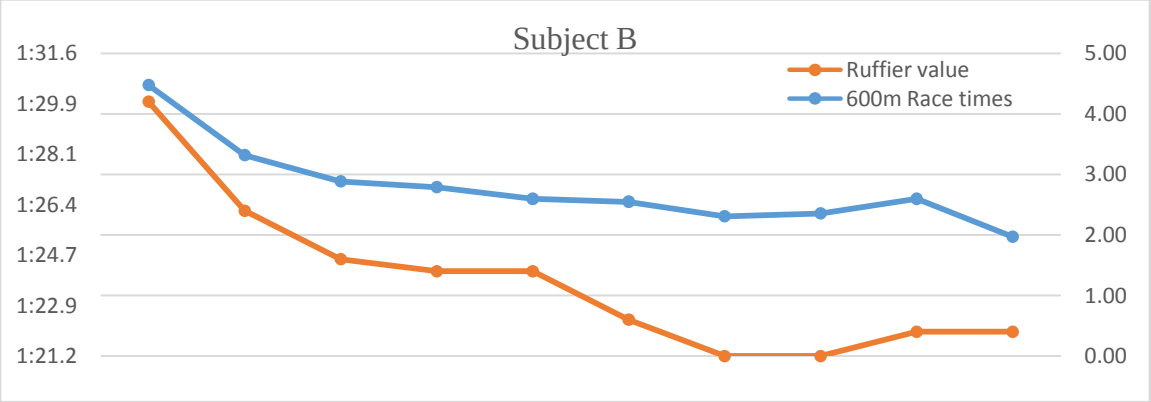

Figure 5. Subject B

The momentary possibilities of the athletes in those periods were higher than the stress during the training.

Conclusions

The comparative estimation of the data resulted in new guidelines for the planification of the training for the next work stage in terms of the workload, the intensity of the effort and the means to be used. We wanted to reassessment of the data and to bring new rescheduling of the parameters so that to eliminate the discrepancies between the values obtained during certain periods of the training year.

References

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[3]. Sotiriu R., Marolicaru M. (1977). *Valenţe instructiv-formative ale structurii si dinamicii antrenamentului*, Revista EFS nr. 10/1977.