

# **The impact of training according to six-intensity zones and Aerobic and anaerobic training in some physical and motor capabilities for athletes**

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## **Abstract**

The training according to the six intensity zones the modern training and sports which exceeds the variables and conditions that occur in in contests, sports competitions as well as its importance in preparing sports, Training intensity zones include (Lactic acid, The maximum oxygen consumption, Anaerobic threshold, Phosphagen system, Oxygenic threshold, Oxygen compensatio). The research aims to build a training curriculum for the six intensity zones that suits the capacities the research sample and identify the rates of evolution and the impact of the training curriculum in physical and motor capacities of the the research sample. The researcher used the experimental method designed control and experimental groups, so as to suitability and the nature of the research problem.

The research sample selected by the way to improbability manner of the Accidental Sampling and sometimes called (CONVENIENCE SAMPLING), For ages (16-18) years representing sports games (Taekwondo, Weight lifting, Futsal, Swimming, Handball). The duration from (21/2/2016) to (18/4/2016), It has been identified physical capacities tests which included vertical jump from steadiness to measure the explosive power of legs, and test of knees bent in a (20) seconds to measure the characteristic speed and strength, and run switchback (25 m × 8) test to measure the assume (tolerance) speed, and determine the tests of motor capacities w hich included the the core flexion from standing for measuring the core flexibility and barrow test to measure fitness.

The training curriculum was applied for (8) weeks of (5) training units per week, The researcher concluded outweigh the experimental group that worked on according to the intensity zones in most of the physical and motor capacities tests, but the flexibility Capability did not appear any significant difference between the experimental and control groups, and there was also a clear outweigh in the experimental group in the rates of development for physical and motor capacities except flexibility, it was almost equal proportions in which evolution, The effect was tilted in favor of the collective Games, At the expense of individual Games.

The researcher recommended the adoption of the training according to the intensity zones rather than relying on training in according to aerobic and anaerobic energy systems, Without ignoring the nature of the prevailing energy system at sports activities, and avoid the training according to six intensity zones for ages under 16 years.