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Analysis of the Performance Training Program of the Base Macrocycle of the Annual Cycle

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Abstract

Athletic swimming is part of the individual sporting industries characterized by the mechanical action of cycling through intense psychic participation and by cumulative stresses and impacts from a morpho-functional and motive point of view. Over the years, from one eventto another, swimming has seen a steady increase in results. This development resulted from the continuous renewal of 40-50% annual performance, both nationally and globally. Also, the increase in the number of participants in international competitions has led to an increase in swimming performance. Any success strategy is based on a very accurate, well-grounded and viable principle. It should also be emphasized that in order to create a climate of great performance, the elite group of seniors will be open only to those who are committed to submitting to a program in order to complete their training. Each member of this group will be asked to work for the purpose of perfection, be it technique, intensity or any other field of training. The purpose of training programs is to produce metabolic, physiological and psychological adaptations to allow swimmers to swim better. Adaptations are actually the changes that are the result of the body's response to training. Planning the training in a macrocycle was approached methodically and scientifically by a multitude of practitioners and theoreticians, who present detailed elaborations on the performance objectives, the methods and means used, the volume and the intensity of the training effort applied in the training of the swimmers performance level.

Keywords: swimming; macrocycles and making-up their programs; mezocycles and making-up their programs; microcycles and making-up their programs

Introduction

The actuality of the subject. Planning the training in a macrocycle was approached methodically and scientifically by a multitude of practitioners and theoreticians, who present detailed elaborations on the performance objectives, the methods and means used, the volume and the intensity of the training efforts applied in the training of performance swimmers.

The training of performance swimmers is a complex process of training and refinement of skills, motor skills, physical and moral qualities that are based on the scientific requirements of sports training and development, individual peculiarities and training conditions. Only by using great efforts in terms of intensity and volume can the training tasks and the achievement of results at a high level of sport performance be achieved (Ozolin,1980; Alabin,1981; Maglischo, 1992; Platonov, 2012; Counsilman, 1977).

Aim of the research:

- Analysis and generalization of the literature on the structure and content of the baseline macrocycle planning process of the world's best swimmer's annual cycle.
- Refinement and scientific reasoning of the basic macrocycle planning of the annual cycle in accordance with the performance requirements for which the swimmers are preparing.

Objectives of the paper:

- Determining the structure and content applied in the instructive-educational process.
- Theoretical argumentation of the physical and technical training content according to the performance characteristics of the swimmers.

Methodology of scientific research. The following methods were used to solve the tasks established during the research:

- Theoretical analysis and generalization of specialized literature;
- Method of studying documentary materials;
- Call method;
- Video analysis method and others.

The novelty and the scientific argumentation of the work consist in the realization of the professiograms used by nutritionists Counsilmen (1977), Maglischo (1992) and Platonov (2012). I have studied the planning through the experience of the best US coaches who have prepared many champions at the Olympic Games and World Championships such as:

- DicDyohoms - 12 Olympic champions;
- Marc Schubert - 22 Olympic champions;
- Edi Riisa - 6 Olympic champions and 10 World Champions;
- Richard Kuik - 8 Olympic champions and 9 World Champions.

These researchers and coaches have elaborated a structure of the curriculum applied for planning the swim training program in the baseline macrocycle of the annual cycle.

The structure of the base macrocycle includes 21-22 weeks with 5 mesocycles:

- Installation intersection - 2 weeks;
- Introduction - 4 weeks;
- Basic - 12 weeks;
- Precompetitive mid-cycle - 3 weeks;
- Competitive mid-cycle - 1-2 weeks.

Installation biplane - 3 weeks.

The duties:

- Permanent perfection of technique, mixed swimming, startups, returns;
- Increase aerobic work (70-80%);
- Weekly swimming volume 20-40 km;
- On land increase of power capacity and development of flexibility.

Introductory bi-cycling - 4 weeks.

The duties:

- Aerobic-anaerobic work predominates;
- Adapt swimmers to increase strength and develop flexibility;
- Weekly volume 60-70 km improvement of the technique;
- In this mid-cycle there must be an effective basis for personal success, not only for special training, but also for setting the level of adaptation.

Base birch - 12 weeks.

The duties:

- The work in this mid-cycle is very varied, the improvement of the upper and lower limb movement techniques, the correlation between the upper and lower limb movement with breathing, exercises, which contribute to the improvement of the starts and the returns, the exercises directed towards the development of different types of resistance.
- In this mid-cycle it is necessary to pay attention to every training lesson on volume and intensity.
- Base bikes end in the last 16 days with the concentration phase of large loads, with two training sessions a day with high volume and effort (14-16 Km per day).

These 16 days are structured in 4 micro cycles, each microcycle on the fourth day ends with a test at the first training, the second part of the day is dedicated to recreating the athletes.

Table 1 - Program of a day in the phase of concentrating large loads. Morning training

Exercises	Swimming volume (m)	Busy time (minutes)
800 (heating)	800 m	10'
20x50 in 50 "	1800 m	27'
400 m free	2200 m	31'
8x400 m in the 5 '	5400 m	68'
400 m free	5800 m	77'
20x75 m in 1	7500 m	117'

Evening training. Tab№2

Exercises	Swimming volume (m)	Busy time (minutes)
800 m (heating)	800 m	10'
5x200 m in 3' mode: 15 "	1800 m	27'
200 m free	2000 m	30'
32x100 m:	5200 m	70'
8x100 m in 1': 20"		
8x100 m in 1 'mode: 15 "		
8x100 m in 1'10 "speed 95%		
8x100 m in 1'5 "speed 100%		
400 m free	5600 m	
8x200 m mixed at 2'30 "	7200 m	92'
400 m free	7600 m	98'
4x200 m mixed 3': 30"	8400 m	116'
300 m free	8700 m	120'
Total in one day	16700 m	

In the above tables, the training program is presented on one of the mid-cycle days of the high load concentration phase. Table data show that the four hours of training, the swimmers have a working volume of 16800 m. This volume consists of: warm-up - 2800 m aerobic compensatory swimming and 12300 m - different series of exercises in aerobic volume.
It seems particularly complicated to be the basic series of 32x100 m evening training that stimulates blood lactate accumulation - 12 mml / l. Many US coaches are directed to using a great deal of work.

Precompetitive mid-cycle - 3 weeks (7 micro cycles of 3 days).
During this period before the main competition, attention must be drawn to:

- creating optimal conditions for adapting to the appropriate efforts;
- selecting the technical-tactical data and the functional training in strict correlation with the model chosen by the competitive activity;

- full physical, mental rest, etc.

Competitive midbrain - 1-2 weeks.

- In the competition mid-cycle, the volume and effort in training is reduced sharply to 25-30%;
- The details of technique and tactics are processed, the tasks of psychological training for the next start are solved.

From the analysis of the literature: Ozolin (1981); Alabin (1981); Counsilman (1977); Maglischo (1992); Platonov (2012).Studying the experience of planning, the world famous coaches who have champions at the Olympic Games and World Championships, such as DicDyohoms, Marc Schubert, Edi Riisa, Ghenadie Turechchii, Bob Bowman and others, the following conclusions can be drawn:

- Many world-renowned specialists in planning the training of swimmers are based on the involvement of volume and intensity during training to increase aerobic-anaerobic possibilities, special training, rehabilitation after a great effort of training.
- In the planning of performance athletes, specialists are systematically proposing to work on improving the technique, developing general and specific resistance, work to improve strength, work to improve mobility and coordination.
- Bowman and Sterkel (2012), who trained M. Phelps at the end of the mid-cycle, in the last 16 days propose a planning of four micro cycles each day with two, three workouts, with a volume and very high intensities, developing and applying modern methodologies.

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Professional Aspirations of 11th-12th Grade High School Students in Galati and Iasi. Pedagogical and Career Management Assessment

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Abstract

In this paper we present an exploratory research on a theoretical sample of 326 students. The topic targeted for analyzing the concept of professional aspirations of students in the last high school classes, the way in which the students see their integration into the labour market, the sources of information used in the choice of the faculty and career in general.

The research involved a survey based on a questionnaire applied on a sample of 4 high schools from Galaţi and Iaşi (on 4 high school categories, depending on the percentages obtained for the baccalaureate exam). In each high school a questionnaire was applied to a sample of full-time students in the last high school classes (XI and XII), who are in the state education system.