

Abstract

Title: Effect of strength training on performance in triathletes

Objectives: Goal of bachelor thesis is to compare performance parameters between two groups of triathletes. The first group will add strength training to their ordinary endurance training and the second group will continue without strength training.

Methods: A crossover design experiment was chosen in which the ES and KS swapped in the middle. The experiment lasted 6 weeks with a TJ frequency of 2-3 per week. The TJ content was aimed at developing whole-body strength endurance in amateur triathletes in the preparatory period. All probands completed entry, control and exit testing where I compared the results of strength training with and without strength training.

Results: Results from this work indicated that the inclusion of strength-oriented TJ in endurance athletes resulted in greater gains in fitness tests compared to endurance training alone. Furthermore, the improvement was greater for ES 1 who received the intervention in the first phase of the preparation period than for ES 2 with the intervention later in the preparation period.

Keywords: triathlon, strength training, performance, seniors