

Effect of Endurance Exercises on the Physical Performance of Combat Athletes

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In general, combat sports can be considered a unique professional fitness area, as it requires athletes to be proficient both in terms of explosive muscle strength and aerobic capacity. Due to the fact that both anaerobic and aerobic performance is essential for these sports professionals, it is necessary to include a variety of endurance exercises into training programs for combat athletes. A sufficient amount of walking, jogging, cycling, and swimming will increase their aerobic capacity and leg muscle power, reduce their body fat percentage, and help with muscle recovery in between strength training sessions, which all are essential factors contributing to the overall performance of sportsmen and sportswomen.

It is generally known that muscle strength and anaerobic performance have to be emphasized when it comes to designing training programs for combat athletes. This has to do with the fact that according to existing research, most combat sports require competitors to have significant explosive leg muscle power, moderate-to-high arm muscle power, low body fat, high flexibility, and high isometric strength in order to demonstrate the most effective performance (Artioli et al., 2009, p. 20). To develop these qualities, it is necessary to perform strength-developing anaerobic exercises, such as weightlifting, sprinting, high-intensity interval training, or jumping.

However, it is essential to keep in mind that introducing a variety of endurance aerobic exercises also helps to increase the levels of the factors mentioned before. In particular, slow-paced activities, such as running, swimming, cycling, and walking at a moderate speed, first of all, are known to help with weight loss and immediate fat burning. Secondly, all of the varieties of moderate cardiovascular exercises contribute to leg and arm muscle development through resistance training. While weight lifting and other anaerobic exercises, beyond question, are

more effective when it comes to building strength, slow-paced endurance training programs assist as well.

Thirdly, endurance exercises improve the overall aerobic capacity of combat athletes, which in turn help them to be more efficient when it comes to explosive movements. Fourthly, it helps with muscle recovery after strength training (Chaabène et al., 2012, p. 830). It is commonly known that during anaerobic exercises designed to increase muscle power, muscle tissue has to suffer microdamage in order to repair itself and grow. By incorporating slow-paced cardio into the training program, combat athletes are likely to benefit from a much quicker recovery caused by the increased blood flow to damaged muscle tissue. Lastly, speaking generally, moderate endurance exercises efficiently improve the overall health of sports professionals, as they strengthen their cardiovascular system.

All things considered, various endurance building exercises should be incorporated into combat athletes' training programs. Without a doubt, anaerobic training is highly important when it comes to this type of sport, as it increases muscle strength. However, moderate cardiovascular exercises also help with weight loss and fat burning, increasing endurance, improving leg and arm muscle development, and speeding up recovery. Thus, it can be safely concluded that the best level of performance in combat sports can be achieved only with the help of a successful combination of the two training styles.

References

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