

## ASTRAND PROGRESSIVE LOAD TEST IN ASSESSING AEROBIC CAPACITY OF ATHLETES

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The most accurate picture of physical preparation is given by aerobic capacity, which is an important factor in planning and dosage of physical load.

The aim of this research was to determine the value of the aerobic capacity of athletes of different sport branches, as well as possible differences in relation to non-athletes.

We analyzed 60 respondents in total, divided into three groups of 20 each. The first group included footballers, the second handball players, and the third- control group were non-athletes.

The maximum aerobic capacity was determined by Astrand's 6 - minute test.

The highest value of VO<sub>2</sub>max is recorded with football players 4.26 L/min and this value is statistically significantly higher  $p < 0.001$  compared to the other two groups.

Somewhat lower VO<sub>2</sub>max values were found at handball players 4.01 L/min.

The lowest values of VO<sub>2</sub>max, both in absolute and relative values, have non-athletes and these values are statistically significantly lower than in the previous two groups  $p < 0.001$ .

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