

BÖLÜM 3

HIZ TEMELLİ ANTRENMAN



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Hız temelli antrenman (HTA), bar veya vücut hızlarının izlenmesi yoluyla değiştirmeyi ve zamanı hesaplayarak belirli bir hareketin şiddetini (sertliğini) değerlendirme yöntemidir. Antrenörlerin kullandığı standart yöntemler, uzun yıllar boyunca, yükün ağırlığını bir tekrar maksimumun (1TM) yüzdesine göre belirlemiştir. HTA ise yüke değil bir hareketin veya kaldırılan yükün hızına dayanmaktadır.¹

Günümüz teknolojisindeki gelişmeler, bir barın veya bir sporcunun hareket ettiği hıza ve tekrardan tekrara veya setten sete hız kaybı yüzdesine daha net odaklanılmasını sağlamaktadır. Bu doğrultuda da HTA kavramı ve uygulaması ile ilgili daha fazla bilgiye ihtiyaç duyulmuştur.¹

- Yapılan bir araştırmada, HTA ile ilgili aşağıdaki sonuçlar elde edilmiştir²:

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