BÖLÜM 3

KAS KÜTLESİ ARTIŞI İÇİN ANTRENMAN STRATEJİLERİ: HİPERTROFİ VE PROGRAM TASARIMI

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1. GİRİŞ

Kas kütlesinin artırılması, sporcular ve fiziksel uygunluğunu geliştirmek isteyen bireyler için hem performans hem de estetik açıdan önemli bir hedeftir. Kas hipertrofisi, direnç antrenmanı sonucunda kas liflerinde meydana gelen yapısal uyumlarla gerçekleşir ve bu süreç, başta mekanik gerilim, metabolik stres ve kas protein sentezi olmak üzere çok sayıda fizyolojik mekanizmanın etkileşimini içerir (Schoenfeld, 2010). Son otuz yılda yapılan araştırmalar, hipertrofiyi maksimize etmek için hangi antrenman değişkenlerinin kritik rol oynadığını ortaya koymuştur. Bu değişkenler arasında antrenman hacmi, yük (intensite), frekans, setlerin tükenişe yakınlığı, dinlenme aralıkları, egzersiz seçimi, hareket açıklığı (ROM), tempo ve periyodizasyon yer almaktadır (Schoenfeld vd., 2017a; Moesgaard vd., 2022).

Direnç antrenmanları yalnızca kas gücünü artırmakla kalmamakta bunun yanı sıra bağ dokulardaki dayanıklılığın artması, eklem fonksiyonlarının iyileşmesi, kemik yoğunluğunun gelişmesi, yaşla beraber gelişen düşme sonucu yaralanma riskinin azalması, metabolik sistemin ve kardiyovasküler fonksiyonların iyileşmesi gibi birçok fizyolojik fayda sağlamaktadır (Ceviz ve vd., 2025). Direnç

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