

Effects of Circuit Training on 200m Kayak Performance. Oct 2019

Abstract

Background: Kayak racing consists of varied events from sprints (200m) to marathon races. An athlete from TP Kayak Racing Team who was racing in the 200m event observed that their current training programme focuses more on the 1000m race and felt that it had contributed to his stagnation in performance in 200m event. It is hypothesised that a circuit training will be more effective in improving timing for a 200m sprint event compared to the current training programme.

Methods: A two subject study was conducted with one serving as the intervention subject and the other, the control subject. The intervention subject completed a 6-week circuit training programme comprising of 4 sets of 5 exercises at a work: rest ratio of 1:2.5 and at a frequency of 2 times a week. The Control subject completed the teams' current training programme. Investigations on VO₂ max, 200m Time Trial and Second Ventilatory Threshold were conducted pre and post intervention to look at improvement in performance markers.

Results: After six weeks of training, both the Subject and Control showed improvement in the three performance markers. However, the Subject's improvement was less than the Control.

Conclusion: The results suggested that both training programmes allowed for improvements in VO₂max, 200m Time Trial and Second Ventilatory Threshold. However, the intervention training programme did not provide any advantage over the control training programmes in terms of the performance outcomes observed.