PREFACE

Training the athletes is a matter of constructing exercise programmes that develops what the individual will lead for his or her specific event. The coach must therefore, give equal consideration to increasing the athlete's skill and developing his or her energy capacities. Athletes might be considering easier to train than non-athletes as he or she should know which specific energy system must be developed for their particular activities to work and achieve high performance.

The major objective of physical educators and coaches is to construct the most effective individualized conditioning or training programs for the students and athletes. They are interested in development of lifetime exercise patterns, for the development of fitness among youth and adults. Training induces physical and physiological changes in almost every system of the body. The changes resulting from training are influenced by the frequency, the duration and particularly the intensity of the training programme. The effects of training are specific to the types of exercise performed the muscle groups involved and the training programme used.

Bicycle ergometer training is one of the trainings very commonly used among athletes for the development of muscular strength and endurance. The misconceptions are vanished and it is accepted for the development of muscular strength speed, power and endurance. Though many methods prevail
to develop speed and strength, the role of progressive Bicycle Ergometer training is an undisputed one.

Though there are several training methods recommended for the improvement of sports performance, the bicycle ergometer training has not been conducted in an exhaustive manner in India, but still the bone of contention is about varied intensities and frequencies of bicycle ergometer training on athletic performance. Hence, the investigator has made an attempt to study the “effects of varied intensities and frequencies of bicycle ergometer training on selected physiological, kinanthropometric and performance variables”.

The investigator hopes that the results of this study may be helpful for coaches, athletes and sports lovers to improve sports performance.

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