The relationship between internal training load variables during a taper and elite weightlifting success

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THE RELATIONSHIP BETWEEN INTERNAL TRAINING LOAD VARIABLES DURING A TAPER AND ELITE WEIGHTLIFTING SUCCESS

INTRODUCTION
RECENT COMMENTARY ON PERIODIZATION SUGGESTS THAT EXTERNAL TRAINING LOAD (TL) MAY BE INADEQUATE TO FULLY ACCOUNT FOR THE MULTI-FACCTORIAL INTERACTION AN ATHLETE HAS IN BOTH TRAINING AND OUTSIDE ENVIRONMENTS.

METHODS
PROCEDURES
TL MEASURES EXPRESSED AS SV/M/A:
3 ACUTE (1-3 DAYS)
2 CHRONIC (15-30 DAYS) - ACUTE TL (A/C)
2 ACUTE - CHRONIC WEIGHTED AVERAGE
TRIPLE OF CHANGE A / VARIABILITY STANDARD DEVIATION OF EACH MEASURE IN LAST 20 DAYS

RESULTS

TABLE 1:

<table>
<thead>
<tr>
<th>Pair</th>
<th>Pre-taper</th>
<th>Post-taper</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>A2</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>A3</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>A4</td>
<td>0</td>
<td>0</td>
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</tbody>
</table>

CHART 1:

Graph showing TL measures before and after taper.