

Abstract

Title: Selective respiratory parameters and training of female tennis players

Objectives: The focus of this essay was to gather information on the respiratory parameters of twin female tennis players and compare them with the general population and elite female players; both in the field and in controlled environment. Furthermore, we used results from the field and the controlled environment to create respiratory training for our twin players.

Methods: We used analysis, comparison and conversation methods. The analysis method was applied to respiratory parameters of our twin players and the comparison method was then used to compare the results with the general population and elite players. With the structured conversation method, gathered data from our twin players for individual experience during the training with POWERbreathe.

Results: The respiratory parameters of our twin players were average compared to the general population and below average compared to elite players. Laboratory and field results showed different results of VO₂max. Training with POWERbreathe, with increasing resistance, helped our player N with breathing

Keywords: twins, respiratory, training, tennis