

Abstract:

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Title: Organizational forms of strength training and their impact on blood lactate concentration

Objectives: The main aim of this thesis is to investigate the effect of different organizational forms of strength training on blood lactate concentration, heart rate and RPE values.

Methods: Seven men with at least two years of strength training experience participated in this study. Participants underwent a strength training protocol of traditional sets, supersets, and trisets once a week for 4 weeks. Heart rate was monitored in 3 probands using sporttesters, and after completion of each training protocol, all participants in the pilot study provided an RPE value to monitor load intensity.

Conclusion: The trisets organizational form is the most demanding in terms of RPE and heart rate, the superseries moderately demanding, and the traditional sets the least intense organizational form.

Keywords: strength training, traditional sets, supersets, trisets, exercise intensity