

Abstract

Title:

Comparison of the blood lactate level of an elite judokas during training and competition loads

Objectives:

The aim of this study was to compare the lactate level of an elite judokas during training and competition loads and to identify potential relationships with other entering variabilities.

Methods:

The chosen method was empirical, ie collecting data from its own research and statistical representation of the data and linked to the context with other studies.

Results:

It was found that lactate levels during competition load increases dramatically over training load and pulse rate has no statistical significance as an indicator of the accumulation of lactate.

Key words:

Judo, lactate, training, competition.