

Heart rate monitors in table tennis sport : physiological aspects of the heart rate during the match and training

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Heart rate during the game and competition, and also during the training can be sign of quality of work - practice, condition of athletes – his physical status, and good sign for further planning of training process.

It is very hard to get a possibility to check this data during the match situation, especially in area of top table tennis. This methods were done on the senior Yugoslav National Team players, during the season 2002/2003, and as the Team which played this season in top form (leading position in European Super Division), this data represent value for table tennis theory which, of course, will improve a table tennis practice.

Control of heart rate during the match – graphically and with the numbers will be shown intensity and heart rate during the match. The collection data was done during the non official game, official game – national rank and international rank.

Control of heart rate during table tennis training – analyses consist more variants of table tennis training, from usual table tennis training, strictly tactical training before important matches, interval training, ... Analyses consist all time of training since beginning to the end of practice.

Control of heart rate during physical training – from worming up exercise to the stretching and relaxation exercise, and from different aim of practice – in stead of which motorical abilities is improving in which periodization.

Technical data: in this research all data have been taken with POLAR S-710 heart rate monitor with memory and all the data were analyzed by POLAR PRECISION PERFORMANCE SW 3.0 SOFTWARE.

For all data discussion and comments will be given, from the aspects of player, coach and experts.