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Investigation of the Effects of the Different Training Program to the Success Applied to Long Distance Athletes With Athletics Sports in Ağri

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ABSTRACT

The main purpose of this research is to demonstrate the alternative training programs applied to professional national athletes performing athletics in Ağrı and the effects of such training programs upon the athletes' success.
For this purpose, the related literature has been examined in order to give detailed information about the research problem. Within the scope of the research, an alternative training program was applied to national athletes performing athletics and a solution to the research problem is sought through the obtained findings. 10 male national team athletes among 23-25 age group, regularly exercising the alternative training program developed by M. Şirin Gönen participated in the study. The study is divided into 2 phases. The first phase is taken as the Preparation Phase while the second one is the Competition Phase. 1st and 2nd phases continued for three months (November-December-January) during which same training programs were repeated by the athletes each month. At the end of January, the athletes were given a 5.000 meters of a test run and the results obtained were recorded. In the Competition Phase, a new training program for the competition period was developed and applied to the athletes through the obtained data. The grades obtained before and after the practice have been determined, compared and evaluated. The Preparation Periods and the Competition Periods of the training athletes and the time intervals they have achieved after the training are shown in Table 1-2-3-4. The results of the competition has been announced on Turkish Athletics Federation official web page.

Keywords: Ağrı,Athletics, Training, Training Program

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INTRODUCTION

Athletics is the most classical of all sports and it symbolizes *citius-altius-fortius*, i.e.speed, altitude and power. It has an important position among all sports. It is one of the sports branches where competition and stamina play a big role.

Today, we have a vast array of knowledge about those special individuals called athletes and this knowledge has been reflected back to training practices. New methods, which have been found to be beneficial for daily trainings have been emerging every single day.

Much of the related literature – regardless of discipline – has been directed towards understanding and developing the effects of training on the body. Similarly, studies conducted in most of the sciences are actually seen as ways of enriching the training methodology which is in fact an independent discipline Bayram et al., (2011). Just like a person's most complex activity, training should also be planned well and arranged accordingly to reach goals. A training's planning process is the result of a well-prepared and scientific method which helps an athlete reach high-level training and efficiency. For this reason, planning is the most important tool that a trainer benefits from for his efforts to build a regular training schedule. A trainer must have high-level professional expertise and experience to be effective in training planning T. O., Bompa (1998). For this reason, reaching long, medium and short-term goals in sports needs a well-designed training plan and procedure. However, unless a trainer or an educator supports his/her training practices with modern training knowledge and theoretical data, it will be difficult to reach intended success and results Açıkada et al. (1990). At the very heart of success, there lies the "athletic practice theory" which has been supported by scientific data and experiences. When we plan and schedule an athlete or a club's training, we also have to know the components of athletic practice theory Akgün, N. (1986). Planning and scheduling can only be managed through having scientific training knowledge, education and trainer experience. For this reason, we have to consider the factors that shape a sports branch or an athlete's abilities relying on experiences.

Playing and performance abilities form the basis of a respective sports branch. So we have to define the impact of conditional, technical, tactical, physical, psychological and social factors Sevim Y. (2002). Most scientists and trainers use athletes as experimental subjects during training. Those athletes serve as sources for a wide range of knowledge for both trainers and sports scientists. The knowledge database that we get from athletes is the combination of physiological, bio-chemical and psychological methods. Trainers may not be always in the position of evaluating athletes M. Bayram et al. (2015). A trainer must bring all his/her knowledge together during the training session to understand an athlete's response(s) to the quality of training so that subsequent schedules can be arranged well. It is clear that the trainer needs scientific support for the reliability of training schedule T.O. Bampa, (1998). When we look at athletism today, same athletes compete in national teams. And prospective athletes cannot get a position in national teams. It is because of the insufficient number of training camps, athlete auditions, and institutional support. And the public is of the opinion that failures of national athletes in their teams are due to inadequacy and inefficiency of training progammes

For all these reasons, we have to develop a suitable training programme for long-distance athletes and we have to present scientific findings of these practices M. Bayram et al. (2011).

Most trainers prefer to use fast methods to increase efficiency in short-term and wish to succeed K. Inomato et al. (1993). For instance, they apply fast anaerob races. It can be inferred that they may not think of the harmful effects of anaerob races Ergen, E. (1986). It is in fact the

reason that most prospective skillful athletes in the world decide to give up sports very early in the beginning. In our country, Ağrı province hosts one of the most athletism-related sports activities. It is in the 1940s that athletism flourished in Ağrı. Sports activities started with the foundation of youth clubs in the city. Athletism's potential is a beacon of hope for our country. Ağrı province is one of the most important centes in Turkey that breeds athletes in athletism İ., Alpaslan (1995). One-tenth of Turkish athletes are from Ağrı. When we consider population, infrastructure, and economic opportunities, atletes from Ağrı get terrific results from national team competitions. Our country has raised many athletes in athletism for decades and Ağrı has been the leading city. There have been very talented and successful athletes among these Bayram et al. (2011). It has been widely observed that these athletes experienced low-level performances during competitions despite reaching high-level performances early in the beginning because of unconscious training programmes. Some even had to end their athletism careers at a very early age Kurt, S. (1997). For this reason, we need a planned programme to help these promising young athletes contribute to cross running longer and also help us benefit from their talents. For this very purpose, we tried to examine the reasons and resources behind long distance runners' success in Ağrı in our study. Also, having in mind the obligation of benefiting from disciplines like anatomy and physiology and training programmes, we aimed to design a suitable training programme to raise long distance athletes considering the climate and geographical conditions. Training schedules have formed the basis of well-rounded studies in countries that sports are performed scientifically. After considering these studies, academia have come to the conclusion that training knowledge is vital Bayram et al. (2011).

PARTICIPANTS AND METHODOLOGY

The participants of this study are 10 male athletes from the national team also doing sports within the body of Ağrı Province Body of Youth Services and Sports. The study consists of 2 parts. The first part is the preparation period and the second part is the competition period.

Treatment Process

The study consists of 2 parts. The first part is the preparation period and the second part is the competition period. The preparation part lasted for 3 months (November-December-January) as the 1st Preparation Period and the 2nd Preparation Period. Same trainings were repeated every month. A-5000-meter trial run was conducted at the end of January and data was gathered.

In the second part, a brand new training programme was developed in the light of gathered data and it was applied to athletes. While analyzing the significance level of the group's average score differences, paired samples t-test was utilized. The statistical analyses show that these 10 athletes' average score was 14,50 sec. in the 5000-metre run during the preparation period. Their in-competition 5000-metre run average score was 14,16 sec. With 95% confidence interval sig (2 tailed)??? data gathered before and after the application were, compared and evaluated.

The time intervals of athletes at the end of the race were given in tables 1-2-3-4.

Data Analysis

While analyzing the significance level of the group's average score differences, paired samples t-test was utilized. The statistical analyses show that these 10 athletes' average score was 14,50 sec. in the 5000-metre run during the preparation period. Their in-competition 5000-metre run average score was 14,16 sec. With 95% confidence interval, sig (2 tailed) value was under 0,05 (p=0,001). The results indicate that there is a significant difference between athletes' preparation period and in-competition period race time averages.

The statistical analyses of the study were carried out by means of the SPSS 16.0 data analysis programme.

FINDINGS : Preparation Period 1 and Preparation Period 2 training schedule applied The statistical analyses show that these 10 athletes' preparation period 5000-metre run average was 14,50 secs. and their competition period 5000-metre run average was 14,16 secs. With 95% confidence interval rate, sig 2 (2 tailed) value was below 0,05 (p=0,001). According to this result, athletes' averages between preparation period and competition period show a significant difference.

DISCUSSION AND CONCLUSION

The trainer is the person who maintains a constant relationship with the athlete during years long training process and makes him/her reach the ultimate performance. No matter how talented an athlete is or how much effort s/he puts, an athlete will surely need a trainer's help. A trainer's duty is not only to train and show how the sport is done, but s/he also gets information from sports scientists, medicals and psychologists and interprets, compares this information with his/her own experience before sharing it with the athlete since scientists' theoretical knowledge is not suitable for practical applications Sevim Y. (2002). An athlete needs a (neye gereksinim duyduğu yazılmamış trainer?)to do endurance practices and enjoy running. S/he strengthens the heart to expose it to fixed, long-term tiredness and builds new capillary vessels to increase circulation. For all these reasons, a young athlete should run on tarmac, in forest, snow or track; namely in all kinds of suitable locations for running. An athlete should try to reach the ultimate performace to develop basic endurance Lasse Mikkelsson (2001). Lasse Mikkelsson supports the fact with his study that in order to reach long,medium and short term purposes in athletism, a well-designed training planning and scheduling is needed. And our training schedule is well in accordance with this idea. Trainings for the athletes should be arranged periodically as in yearly, monthly, weekly, and daily schedules. The worst study is the study which is based on daily thinking without any planning. The problems that may be encountered in a planned season lead to hassle-free solutions in the trainings to come.

to 10 long distance athletes (aged between 23-25) are given in Table 1. The last three weeks in the competition period and the training schedule in the last week are given in Table 2 and Table 3 respectively. Statistical analysis of the competition results are given in Table 4.

Planned studies produce documents that may shed light on the training season for next year(s) U. Dündar (2007). When we have a review of literature, we see that Dündar's study bears resemblances with our study.

In Bayram et al. (2011) study, studies that were conducted likewise in various scientific fields are seen as ways to enrich the training method which is actually seen as an independent scientific field. And they also show resemblances to the study conducted. Another study that supports our study is Açıkada et al.'s study which urges that a well-designed training planning and scheduling is needed to reach long, medium and short term objectives in sports.

However; unless an instructor or a trainer supports his/her training practices with modern training knowledge and specific theoretical knowledge , it will be very difficult to reach ultimate success. Açıkada et al. (1990). Most sports scientists and trainers use athletes as experimental subjects in training. These athletes become a vast source of knowledge for both trainers and scientists. The gathered knowledge consists of a combination of physiological, bio-chemical and psychological methods. The trainer who creates this process may not be always in the position of evaluating the athlete. M. Bayram et al. (2015) findings also support our

study.

CONCLUSION

It is an undeniable fact that it is the trainer and athletism lovers who build the basis of athletism. Hiring foreign trainers is also a good way of developing trainer qualifications. But it should not be forgotten that Turkey has hired foreign trainers until recently and they have been inefficient in contributing to the field. It is actually our lack of having a trainer system to make the foreign trainers work rather than their lack of will to work. Some trainers and administrators reject the idea of trainer hierarchy in our country and they have been blocking efforts to create such a hierarchy concept. As a result, the trainer concept has not been developed. What we mean by the trainer concept is creating a good working environment for the trainer, rewarding the successfull trainers, and educating the unsuccessfull trainers. None of these has been managed for years. And foreign trainers have been forced to work in such an environment and they have not been successful. Coaching means team work and cooperation. When a trainer's job is done, another one must take the lead and there needs to be a system. Sports medicals, training scientists, bio-mechanicals, psychologists, dieticians and many more experts have succeeded with a trainer. It is impossible to develop athletism and training methods when we want to define everything according to one's talent. First, we have to change this point of view and then try to find solutions to develop good training programmes to have successful results. Athletism should be seen as an essential sports branch for the children and the youth in education. We should all try to make this sport popular in school sports and among children and young people by developing conscious training programmes. For this reason, we must get rid of our sentimentality and consider our problems seriously for a serious reorganization.

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Table 1: Training schedule for the 1st and 2nd preparation period

Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1st Preparation Period Between 1st November-1st December 100-110 kms. per week	In the morning 14-15 kms, 70-75 mins. jogging and 20 mins. gymnastics	In the morning 10 kms. run in the terrain and 20 mins. gymnastics	In the morning 9-10 kms fartlek and gymnastics in rough terrain	In the morning 18 kms slow run in terrain and 10x100 m. gymnastics	In the morning 8-10 kms. 40-50 mins. slow run and gymnastics	In the morning 15 kms. Trial run in medium speed, abundant gymnastics	In the morning 10 kms run at a very slow pace, without any effort +10 km. %60 a faster-pace run
	In the afternoon 4-5 kms. slow run and gymnastics	In the afternoon 10 kms. (45 mins.) run at a moderate pace	In the afternoon Active resting, various games to regenerate the body	In the afternoon 5-6 kms. Slow run and gymnastics	In the afternoon Active resting, various games to regenerate the body	In the afternoon 1 hour 20 minutes jogging	In the afternoon Active resting
2nd Preparation Period Between 1st December-31st January 120-145 kms. per week	In the morning 15-17 kms. in soft terrain (75-85 mins.) 20 mins. gymnastics	In the morning 10 kms. fartlek (in rough terrain) 20 mins. run at moderate pace and gymnastics	In the morning 18-20 kms. easy, relaxing run in terrain 15 mins. gymnastics	In the morning 15 kms. run at moderate pace (65 mins.) 15x100m.%65	In the morning Active resting, 1 hour very easy run in rough terrain about 10 kms.	In the morning 1 hour cross, run about 10 kms.	In the morning 15 kms. run (50-55 mins.)
	In the afternoon 7-8 kms. fast tempo run, 10x200 mts. Hill run with about 15-20% inclination	In the afternoon 10 kms. easy run (50 mins.)	In the afternoon 6 kms. easy run, gymnastics and fitness. Every move should be repeated twice-3 times	In the afternoon 10 kms. fartlek in rough terrain at easy tempo 25 mins. gymnastics	In the afternoon 15 kms. run at moderate pace with 60% load limit 20 mins. gymnastics	In the afternoon 15 kms. run at competition-level pace Very easy gymnastics	In the afternoon Active resting

Before the race Between 1st February-10th March 140-170 kms. per week	In the morning 17-18 kms. run and 80 mins. gymnastics	In the morning 10 kms. fartlek at fast pace 15 mins. gymnastics	In the morning 20 kms. easy recovery run 20 mins. gymnastics	In the morning 15kms. fast pace run and with 70% load 60 mins. 20x100 metres run	In the morning 15kms. run at moderate pace and 30 mins. gymnastics with 65% load	In the morning 15km yarış veya Yarış,temposunda tek tempolu koşu	In the morning 12-15 kms. 50-55 mins. run, and 25 mins. various bounce moves (exercises)
	In the afternoon 8 kms. run at fast pace& 15x200 mts. hill run with 15-20 % mts. inclination	In the afternoon 15 kms. run koşu (60mins.)	In the afternoon 8 kms. run at slow pace	In the afternoon 15 kms. easy fartlek	In the afternoon 15 kms. easy run	In the afternoon Free training	In the afternoon Active resting

Table 2 The training schedule that was applied three weeks before the race

	Daily Total Kilometres
SUNDAY : **1.** 8-10 kms. easy run at 10 a.m. in the morning (35-40 mins.). 10-15 mins. gymnastics practice	10 km
MONDAY: **1**. 10-12 kms. road run at 6 a.m. before the breakfast, 10-15 mins. various practice movements **2**. 30 mins. warming at 15:30, walk on 2x5000 mts. track (between 15:15 secs. or 15:30 secs) with 2-3 mins. intervals	10 km 10 km 20 km
TUESDAY: **1.** 45 mins. (10 km) jogging at 6:00 a.m. before the breakfast, gymnastics **2.** 3-5 kms. warm-up gymnastics at 15:30 in the afternoon**,** 20x300 mts. hill run (48-50 secs.) with 3 minute intervals (pulse control after 10 minute run)	10 km 7 -9 km 20 km

WEDNESDAY: 1. At 6:00 a.m., run at moderate (18-20 kms) pace before the breakfast **2.** At 16:00 in the afternoon, a 20 minute cross and gymnastics. 20 minute fitness practice, abdoment and dorsal moves with 3x25 repeats.	18 km 6km 24km
THURSDAYS: 1. At 6.00 a.m. 10-13 kms. easy run before the breakfast **2.** At 15:30 in the afternoon, 8 kms. fartlek in rough terrain	12 km 8 km 22km
FRIDAY: **1.** At 6 a.m. before the breakfast, a 15 km easy follow-up run on tarmac **2.** At 16:00 in the afternoon, 10-12 kms. easy run	15 km 10 km 25km
SATURDAY: 1. At 6.00 a.m. before the breakfast 12 kms run at moderate pace **2.** At 15:30 in the afternoon, 20x300 mts. hill run with 15-20% inclination (46-48 secs.) with 3 minute intervals (pulse control after 10 minute run)	12 6 km 18km Total 140 km weekly

Table 3. The training schedule that was applied during the race week

SUNDAY : (INACTIVE) Total rest	Daily Total Km
MONDAY: 1. At 10:30 a.m. in the morning, 20 minutes warm-up gymnastics, 30 minutes fitness (abdomen, dorsal and bounce movements) **2.** At 16:00 in the afternoon, 25 minutes warm-up and 8 kilometres fartlek	7 km 15 km 22 km
TUESDAY 1. At 7.00 a.m. before the breakfast easy run for 6-8 kms. **2**. At 15:30 in the afternoon, 15 minutes warm-up, various training practice. 2x5000 mts. run (15:00 mins. or 15 mins. 15secs.) straight track with 2 minute intervals	8 km 10 km 18km

WEDNESDAY: 1. At 6.00 a.m. before the breakfast 18-20 kms. easy run **2.** At 10:30 in the morning, 8-10 kms. easy follow-up run in terrain	18 km 8 km 26km
THURSDAY: 1. At 7:00 a.m. 50 minutes cross and 10x100 mts. easy gymnastics **2.** At 15:30 in the afternoon, 35-40 minutes easy run, 15-20 mins. active gymnastics practice	12 km 10 km 22km
FRIDAY: **1.** At 7:00 a.m. in the morning 50 mins. cross and 10x100 mts easy gymnastics and resting **2.** At 15:30 in the afternoon, 50 minutes very easy cross	7 km 7 km 14km
SATURDAY: RACE (Rest)	10 km Weekly total: 112km
SUNDAY: **RACE**	?

Table 4 Statistical Analysis; PAİRED SAMPLES t-test Samples

	X	N	Std. deviation		Std.
Preparation Period	14,5050	10	,20046		,06339
Competition period	14,1660	10	,26243		,08299

	Paired Differences	t	df	Sig.(2tailed)
	95% Confidence Intervals of the Difference			
	Upper			
Preparation Period Competition period	,49133	5,034	9	**,001***