EFFECTS OF THE PERIOD OF COMPETITIVE TRAINING IN SOCCER ON THE LACTATE THRESHOLD IN PROBST TEST

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The Probst test (TProb) is a progressive intermittent test used in the routines of evaluation in soccer. The objective of the present study was to verify the influence of the specific training of soccer on different criteria of identification of the lactate threshold (LL), gotten with the TProb. The sample consisted of fifteen players of a professional team of third division in Spain. They were evaluated with an interval of 2.5 months of the first phase of the competitive season. The TProb was applied in synthetic grass (18º - 20º C), with initial speed of 10.8 $Km.h^{-1}$, increments of 0.6 $Km.h^{-1}$ until the maximum, with 30 seconds of pause between each period of training, with collections of 0.5 µl of arterialized ear lobe blood for the determination of [La] concentration (Lactate Scout®, EKF Senslab GmbH, Germany). The methods of identification of the 2nd LL (LL_2) had been: a) 1.5 $mmol.l^{-1}$ added to the smallest value of the equivalent [La]/velocity (BERG *et al*., 1990) (LL_{Berg}) and b) 4 $mmol.l^{-1}$ (V4) (HECK *et al*., 1985).

Results:

Test	PV ($Km.h^{-1}$)	HRmáx (bpm)	V_{Berg} ($Km.h^{-1}$)	HR_{Berg} (bpm)	V_4 ($Km.h^{-1}$)	HR_4 (bpm)
1	16.9 ± 0.4	181 ± 9	13.4 ± 0.8	161 ± 11	13.7 ± 1.0	162 ± 11
2	16.5 ± 0.5	185 ± 7*	13.9 ± 0.5*	168 ± 10*	14.6 ± 0.6*	174 ± 10*

* $P<0.05$

The almost individual and fixed lactate concentration criterion of identification of LL_2 in the TProb was sensible to the effect of training in the first phase of the competitive season of soccer players, presenting physiological results.