

Lactatémie



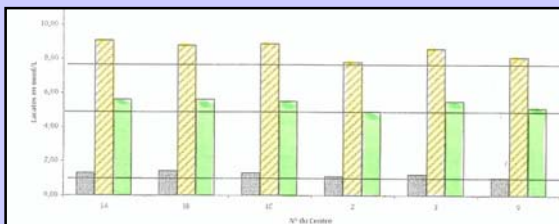
À
l'entraînement
et en
compétition

Excellent témoin de l'aptitude physique

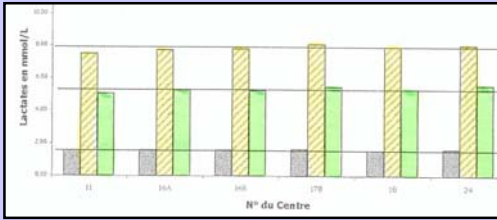
- . Aérobic = SALS (endurance)
- . Anaérobic = L max (sprint)

Facilement mesurable (rigueur)

Contôle de qualité: Acusport



Contrôle de qualité: YSI

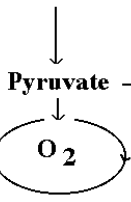


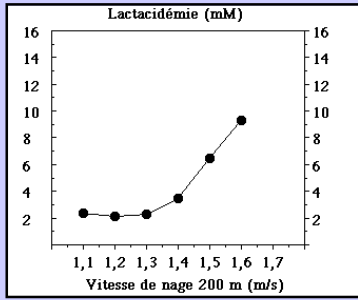
Excellent témoin de l'aptitude physique

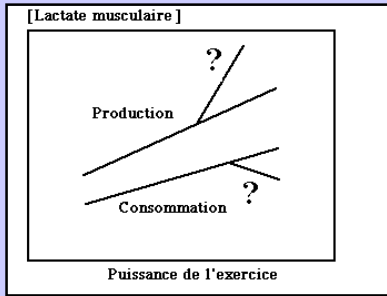
Controversé ...

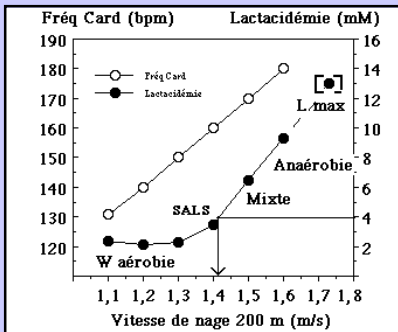
- . Seuil ?
- . Production/consommation ?
- . L sanguin, musculaire ?

Glycogène (C6)

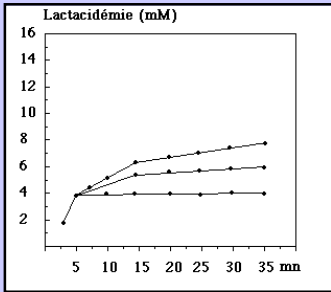




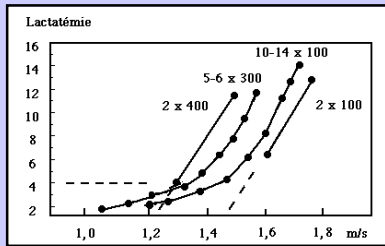




Critique de la notion de seuil

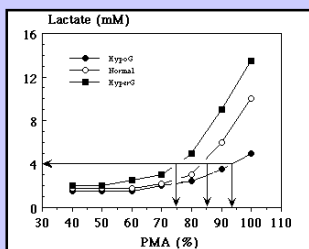


Durée des paliers



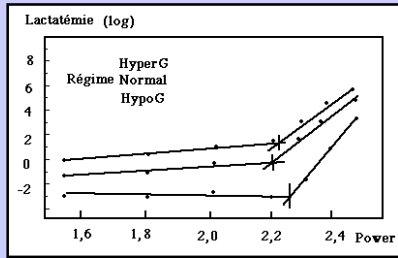
Keskinen et al 1989 IJSM

Régime alimentaire



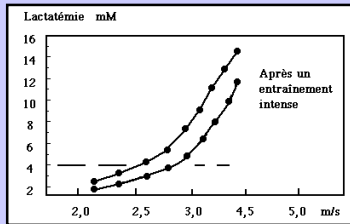
MacLellan et al 1989 EJOAP

Régime alimentaire



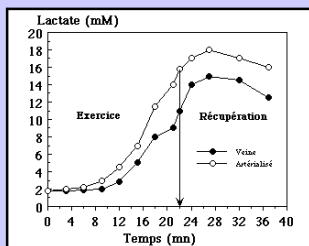
MacLellan et al 1989 EJOAP

Entraînement intense



Fric et al 1988 IJSM

Lieu de prélèvement sanguin



Robergs et al 1990 IJSM

Application pratique

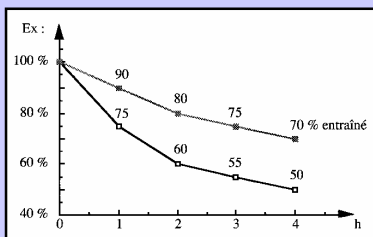


Mesurer directement les séances
ne pas avoir peur d'être empirique...

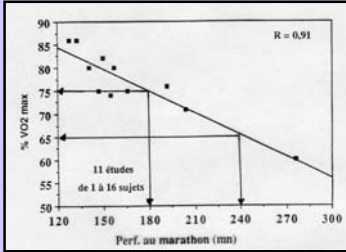
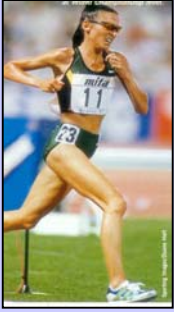
Endurance et marathon



Endurance: définition



Endurance et marathon



Endurance et marathon

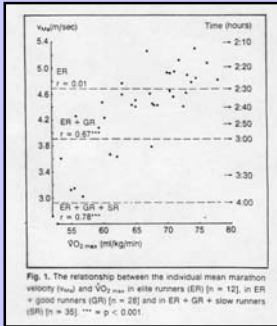
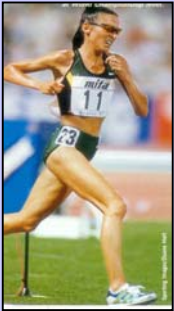


Fig. 1. The relationship between the individual mean marathon velocity (v_m) and $\dot{V}O_{2max}$ in elite runners (ER) ($n = 12$), in ER + gold runners (GR) ($n = 28$) and in ER + GR + slow runners (SR) ($n = 35$). *** = $p < 0.001$.

Endurance et marathon

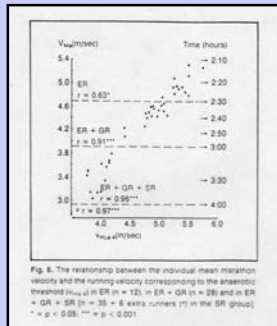
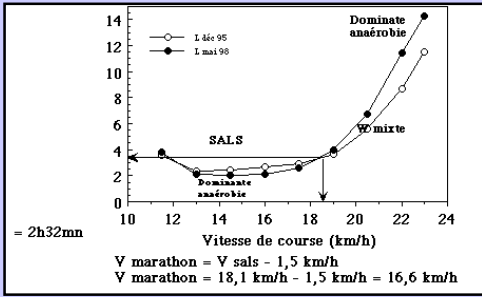
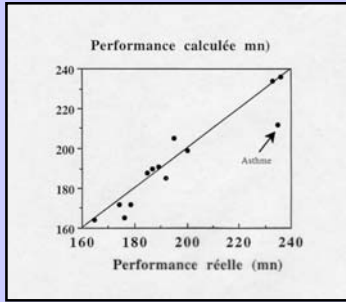
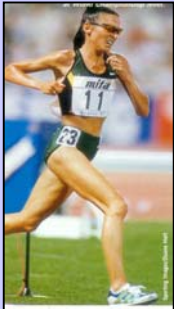


Fig. 6. The relationship between the individual mean marathon velocity and the running velocity corresponding to the anaerobic threshold (v_{AT}) in ER ($n = 12$), in ER + GR ($n = 28$) and in ER + GR + SR ($n = 35$) = 6 extra runners (E) in the SR group). * = $p < 0.05$. *** = $p < 0.001$.

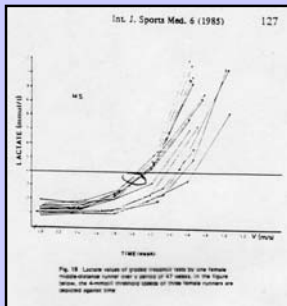
Vitesse au marathon



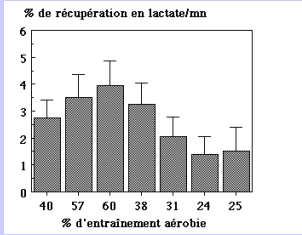
Endurance et marathon



Endurance et marathon

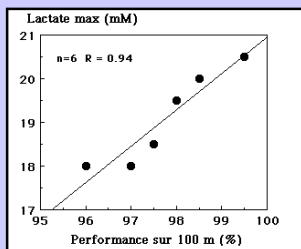


Endurance et récupération

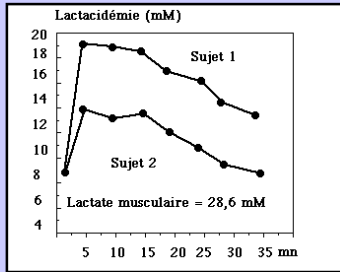


Lactate max et compétition

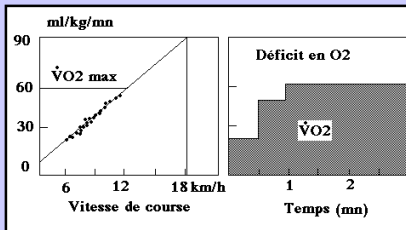
Effet chez un sportif...



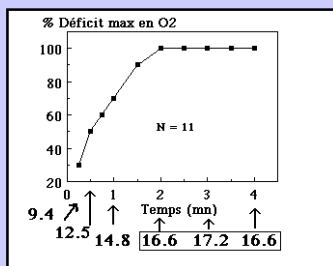
Sang, Muscle et VO2



Capacité anaérobie



Capacité anaérobie



Effet chez un sportif...

	25 m		50 m		
	Déc 83	Fév 84	Mars 84	Juin 84	J.O.
200 m	1.48.8 17.3	1.48.8 15	1.52.1 13.1	1.50.5 14.8	1.49.6
400 m	3.54.3 14.4	3.48.4 17.6	3.55.7 13.1	3.52.8 14.2	3.50.8

Effet chez un sportif...

	25 m	25 y	50 m
	Fév-84	Mar-86	Août-86
100	51.6 11.4	43.9 17.2	50.4 20.2
400	3.48.4 17.6	4.24 14.4	3.55 ?

Effet chez un sportif...

Frank Schoot		
Spécialité	Perf	L max
100m dos	56.98	20
100m pap	56.64	13.3
100m NL	51.02	17

Effet chez un sportif...

Catherine R.	Date	Perf	L. max
	Hiver 83	9.03	16.3
	Eté 83	8.58	10.6
	Février 84	9.00	6.7
	Mars 84	8.50	14.3



Pas si facile que cela ...
