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Team sport training best for all-round fitness – 26th June, 2019

Level 0

Training in sports teams is best for all-round fitness. Team sport players have endurance and stamina. Researchers say the key to all-round fitness was strength, endurance and stamina. Cycling, running or swimming is great for this. Doing housework and climbing stairs was also good.

The study looked at 228 athletes. There were cyclists, bodybuilders, and basketball and football players. The researchers tested the athletes' power, their ability to jump, and their oxygen use. A professor said power athletes should do endurance training and endurance athletes should do power training. Team players do both.

Level 1

Researchers say that training in sports teams is the best thing for all-round fitness. Team sport players have the endurance and stamina of long-distance runners, and the strength of bodybuilders. Researchers said the key to all-round fitness was to get strength, endurance and stamina. Cycling, running or swimming was best for this. Doing housework and climbing stairs was also a good way, instead of going to the gym.

The study looked at athletes aged 17 to 37. There were endurance athletes, such as cyclists; power athletes, such as bodybuilders; and team athletes who played basketball and football. The researchers tested the athletes' power, their ability to jump, and their oxygen use during hard exercise. A professor said power athletes should do endurance training and endurance athletes should do power training. Team players are lucky to do both.

Level 2

Researchers from a university in the UK say that training in a sports team is the best way to improve all-round fitness. They said team sport players have the endurance and stamina of long-distance runners, and the strength of bodybuilders. This is because of the different types of exercise that team players do. The researchers said the key to all-round fitness is to combine strength with endurance and stamina. Cycling, running or swimming was best for all-round fitness. In addition, energetically doing housework and climbing stairs was a good alternative to the gym.

The study looked at 228 athletes aged 17 to 37. There were endurance athletes, such as cyclists, skiers and long-distance runners; power athletes, such as sprinters and bodybuilders; and team athletes who played basketball, football and volleyball. The researchers tested the athletes' muscle power, their ability to jump, and the athletes' oxygen use during hard exercise. A professor said his study showed that "endurance training for power athletes and power training for endurance athletes" was beneficial. He said team players were lucky to do both.

Level 3

Researchers from a university in Manchester in the UK have said that training as part of a sports team is the best way to improve all-round fitness. The researchers said team sport players are as good at endurance and have as much stamina as long-distance runners, and are as strong as bodybuilders. This is because of the different types of exercise team players do. The researchers said the key to all-round fitness is to combine building your strength with combining your endurance and stamina. The research team said cycling, running or swimming was best for all-round fitness. It also said energetically doing housework and climbing stairs was a good alternative to going to the gym.

The study looked at 228 athletes aged 17 to 37 who studied at the Lithuanian Sports University. There were 87 endurance athletes, such as cyclists, skiers and long-distance runners, 77 power athletes, such as sprinters and bodybuilders, and 64 team athletes who played basketball, football and volleyball. The researchers tested athletes on their muscle power and their ability to jump from a standing position. Researchers also tested the athletes' oxygen use during hard exercise to measure aerobic endurance. Professor Hans Degens said his study showed that "endurance training for power athletes and power training for endurance athletes" was beneficial. He said team players have the best of both worlds.