

## Complex training Methodology Increases Standard of Amateurs Boxing for Senior

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### Abstract

The presented research reflects an aspect of the training process with the amateur boxing champion team of sports club "Tirana" of Albania, for 2019, in which prominent boxers have been prepared, who are worthily represented in national and international activities, winning medals national. Normalization and modeling of the training process in a complex way according to special preparation cycles, in order to qualitatively develop the training indicators, in accordance with the physical, physiological and psychological requirements set by amateur boxing for senior. Experimentation; an original complex training methodology based on macrocycles was experimented, which are divided in 4 phases (adapter, developer, reinforcer and perfection) with senior amateur sports club boxers . "Tirana", within a period of one year (January 6, 2019 to December 31, 2019), Athletes are tested 3 times during the year at the beginning, between and the finish. Where they are tested indicators physical movements, special functional and Leonardo platforms are tested. It is worth mentioning the developments in physical, technical and functional indicators,, where there was an average increase of 8.1%. N Special test with the first two exercises, marked a rise of 14.9% (8:44% in the amount of repetitions, 2:26 in the blinking% in cargo and 4:20 in the blinking% after one minute). In Drop-jump test was a marked increase in h 7:55%. In the test Singel 2 Leg Jump (assisted), at 6.54% (FFI, at 5.96%, Jump Height, at 7.55% and Efficiency, at 6.12%). In the Singel leg Jump test (without assistance): 6.17% (where F.Mes, Rel, at 7.69%, F.Mes.Rel / weight, at 9.73% and A. C ontakt time, at 1.09%). Conclusion: N of the training process should take advantage character loads pronounced aquaerobik physiological during which prevailing energy processes anaerobic against those aerobic (process anaerobic alaktik, at 10%, anaerbik process lactic glikolitik, 60% and aerobic process, to the extent 30%).

**Keywords:** Complex training Methodology, Amateurs Boxing, Senior

### Introduction

The presented research reflects an aspect of the training process with the amateur boxing champion team of sports club "Tirana" of Albania, for 2019, in which prominent boxers have been prepared, who are worthily represented in national and international activities, winning medals national.

The presented study is included in the group of complex complex scientific research He concentrates modeling and rating of a training methodology to the original value, which would

create space and resources for development in order to accelerate the training indicators and sporting achievements.

*Normalization and modeling of the training process in a complex way according to special preparation cycles, in order to qualitatively develop the training indicators, in accordance with the physical, physiological and psychological requirements set by amateur boxing for adults*

**Experimentation;** where an original complex training methodology based on macrocycles was experimented with, with the adult amateur boxers of KS . "Tirana", within a period of one year (January 6, 201 8 to 31 December, 201 9 ) , Athletes are tested 3 times during the year at the beginning, middle and end.

Boxer training is organized on a modern training methodology, which includes classical and specific training methods as well as training tools, preceded by special principles, such as: scientific development, deepening of specialization, creative development of training, etc. All this activity is focused with priority in the optimal preparation of the main types of preparation, general, special and specific, in the required ratios and modalities of boxing discipline and training period. (F.P Suslov, Shustin B.N, 1995);

Special place is occupied especially by supercompensation, as a biological and physiological process, where quantitative changes turn into qualitative changes, in the increase of training indicators, thanks to the delayed effects. (Matvejev-i, 1962).

The effects of supercompensation are closely related to the specific functioning of the structural elements, leading to the achievement of a new quality, which are: adaptation, stationing, adaptation, erection, culmination and preservation. Achieving a new quality is realized in 28-35 days, while of some qualities, not less than 2.5-3 months of systematic training. (Dibra F. 2013)

The organization of training loads is of primary importance, because the process of supercompensation is closely related to their implementation. The training load is *a studied amount of training incentives, which enable positive changes to increase the functional and coordinating physical indicators in the future.* (Dibra F, 2012).

The training load works on the coordination of the external load and the internal load. External load is estimated by the size-threshold of structural elements (volume, intensity, duration, etc.), while internal load, by the size of the internal impact of structural elements of the load.

Training load is well estimated by size, being classified into: large, medium and small load. The main evaluation criterion is the "load coefficient", according to the load volume. (See study)

The type of loads and their distribution is related to the criteria of renewal and maintaining the continuity of training, based on the principle that: After large loads requires a long rest (60-72 hours) and small loads of renewal and vice versa . (Dibra F, 2007).

In the treated formimi boxer with the necessary indicators to training , where indispensable role play ***aft s site s motor*** , as certain trends *that constrain and enable motor activity and its dynamics in specific sports activity* .

Motor skills are different, starting from:

Sens Sensoperceptive skills; enabling connections to the external and internal environment through the central and peripheral nervous system;

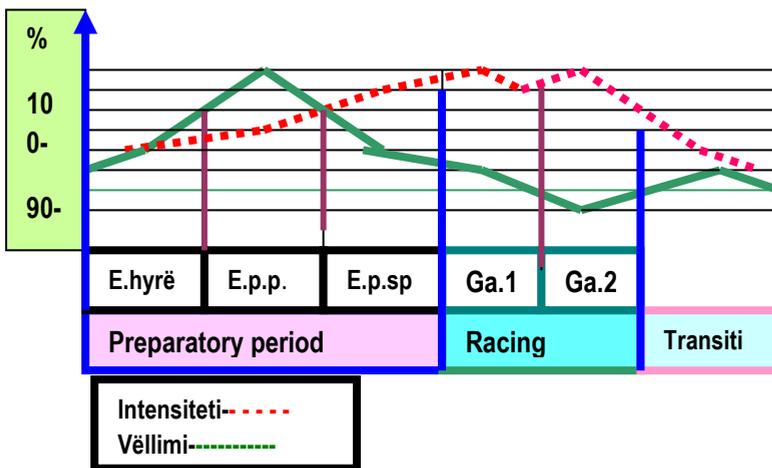
Ale Conditioning skills; which condition the motor action in its form and dynamics;  
Coordination skills and Mobility Properties, which coordinate movement actions.

An important place is occupied by the activity of physical-motor abilities, strength, speed and endurance, which produce movements in all regimes, their spaces and dynamics. These skills are closely related to each other, feeling more the force factor, without which not even the simplest movement can develop. Their development is related to the influence of real factors of a genetic and training character, where the primary influence is given by sensoperceptive abilities, muscle mass, activation of muscle fibers; type of muscle fibers, VO2 max level, psychological preparation, energy reserves, etc.

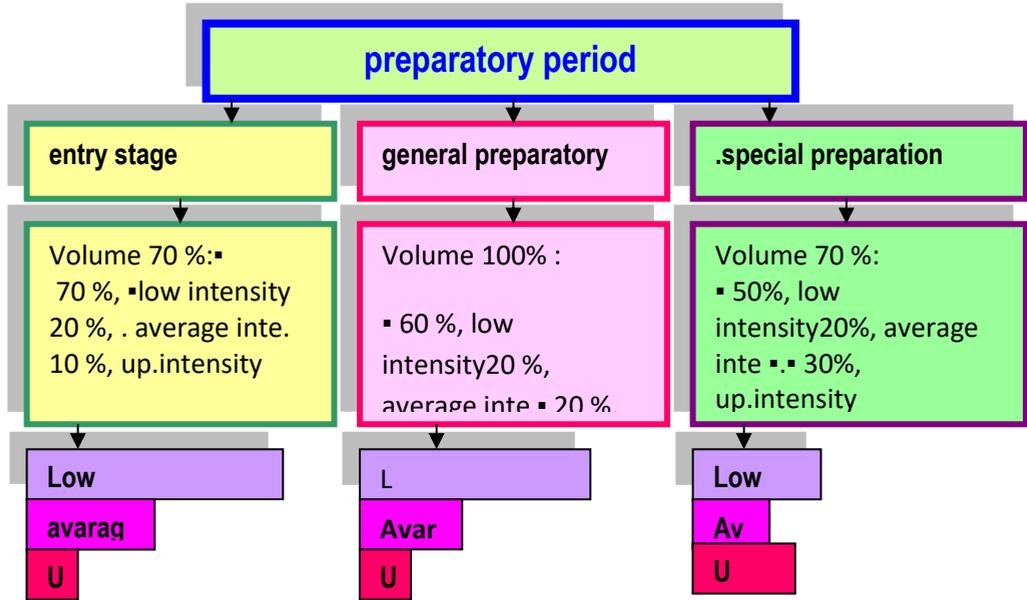
Physical abilities in the conditions of the development of the race, are applied with different strains: with maximum strains, with fast and explosive strains, with small but long strains. In all these cases, all physical abilities are demonstrated, with the maximum strength at the top, giving an undeniable impact on the size of the strain, applied in the appropriate regimes of physical-motor activity.

Physical skills are developed in two forms, in general and special terms, where the main tool is exercise. The general form is practiced with exercises of other sports; special form is developed with exercises similar to and similar to the conditions of the race such as: plyometric, pyramidal, contrast methods (for strength); iterative method (for velocity), extended and interval method (for developing general and special stability ed).

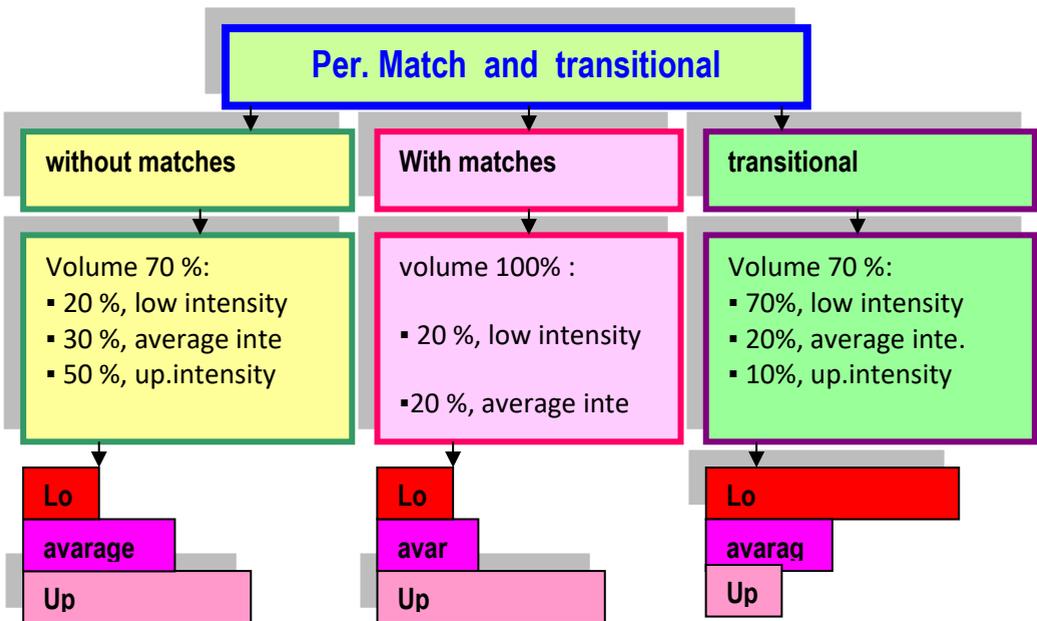
Modern training methodology requires that at each training stage the intensity scales be alternated, from high to low and vice versa, which allows the possibility of training with renewal.



Scheme 30 :Intensity scales in the training load in the preparatory period (Dibra F.-Bushati S., 2014)



*Scheme 31: Intensity scales in the training load in the period of matches and passes (Dibra F.-Bushati S., 2014)*



The training process is built on the following training macrocycles:

Adaptive macrocycle (42 training days); which is focused on the recovery of the previous state of boxer training, after the transition period of the previous year;

▪ ☒

Training stages	Type of microcycle	Day of training	Volume (Min.)	General preparation	Preparation special	Preparation specifik
General preparation	Sign ě s 1	1x 7 = 7 day	385 ' 100%	256 ' (67%)	55 ' 15%	74 ' 18%
	I p ě rgji. 1	1x 7 = 7 day	491 ' 100%	290 ' 59%	109 ' 22%	92 ' 19%
amount	2	14 days	14.6 h 100%	9.1 h 63%	2.74 h 18.5%	2.77 h 18.5%
Preparation special	Special. 1	1x 7 = 7 day	514 ' 100%	243 ' 47%	174 ' 34%	97 ' 19%
amount	1	1x 7 = 7 day	8.6 h 100%	4 h 47%	2.9 h 34%	1.6 h 19%
Competition period	match 2	2x7 = 14 day	868 ' ' (100%)	324 ' 37%	262 ' 31%	282 ' 32%
	Near the match 1	1x6 = 6 day	174 ' 100%	72 ' 41%	33 ' 19%	69 ' 40%
	Near the match 1	1x6 = 6 day	174 ' 100%	72 ' 41%	33 ' 19%	69 ' 40%
amount	3	20 days ě	17.37 h (100%)	6.6 h 39.5%	4.92 h 25%	5.85 h 35.5%

*Developmental macro cycle (86 training days); which is focused on the rapid development of training indicators*

General preparation	Type of microcycle	Day of training	Volume (Min.)	General preparation	Preparation special	Preparation specifik
amount	Login h s (1)	1x 7 = 7 day	385 ' 100%	256 ' (67%)	55 ' 15%	74 ' 18%
	General . (3)	3x 7 = 21 day	1473 ' 100%	870 ' 59%	327 ' 22%	276 ' 19%
Preparation special	3 micro.	21 days ě	31 h 100%	18.8 h 63%	6.4 h 18.5%	5.84 h 18.5%
amount	Special. (4)	4x 7 = 28 day	2056 ' 100%	972 ' 47%	696 ' 34%	388 ' 19%
competition period	4 micro.	28 days ě	34.3 h 100%	16.2 h 47%	11.6 h 34%	6.47 h 19%
	match (3)	3x7 = 21 day	1302 ' ' (100%)	486 ' 38%	393 ' 31.0%	423 ' 31%
	Near the match (1)	1x7 = 7 day	185 ' 100%	77 ' 41%	36 ' 19%	72 ' 40%
amount	4 micro.	28 days ě	24.79 h (100%)	9.39 h 39.5%	7.15 h 25%	8.25 h 35.5%

☒ *Booster macrocycle (132 training days); which is focused on consolidating training indicators*

Tab. 26: Load volume during the booster macrocycle

	I general . (5)	5x 7 = 35 day	2455 ' 100%	1150 ' 59%	545 ' 22%	370 ' 19%
amount	6 micro.	42 days ÷	45.59 h 100%	22.75 h 63%	9.67 h 18.5%	6.67 h 18.5%
Preparation special	Special. (6)	6x 7 = 42 day	3084 ' '(100%)	1458 ' 38%	1044 ' 27.0%	582 ' 35%
amount	6 micro.	42 days ÷	51.40 h 100%	24.3 h 47%	17.4 h 34%	9.7 h 19%
Etap s competition	match ( 6 )	6x7 = 42 days (77 sessions)	2850 '(100%)	1080 ' 38%	762 ' 27.0%	1008 ' 35%
	Near the match (2)	2x7 = 14 day	348 ' 100%	144 ' 41%	66 ' 19%	138 ' 40%
amount	7 micro.	49 days ÷ + 35 se. for days	53.3 h (100%)	20.4 h 38.0 %	13.8 h 26.0 %	19.1 h 3 6 %

▪ *Makrociklitweaker (63 training days)*; which is focused on perfecting and maintaining training indicators.

Tab. 28: Load volume during the perfect macrocycle

Training stages	Type of microcycle	Day of training	Volume (Min.)	General preparation	Preparation special	Preparation specifk
General preparation	Login h s ( 1 )	1x4 = 4 day	179 ' 100%	129 ' ( 72 %)	30 ' 17 %	20 ' 1 1 %
	I general . (1)	1x7 = 7 day	491 ' 100%	290 ' 59%	109 ' 22%	92 ' 19%
amount	2 micro.	11 days ÷	11.17 h 100%	6.99 h 63%	2.32 h 18.5%	1.87 h 18.5%
Preparation special	Special. (2)	2x 7 = 14 day	1028 ' '(100%)	486 ' 47%	348 ' 34%	194 ' 19%
amount	2 micro.	14 days ÷	17.14 h 100%	8.1 h 47%	5.8 h 34%	3.24 h 19%
Competition period	match (1)	1x7 = 7 day	434 '(100%)	162 ' 38%	131 ' 31.0%	141 ' 31%
	Near the match (5)	5x6 = 30 days	835 ' 100%	325 ' 39%	165 ' 20%	345 ' 41%

Imi Determining and ordering the amount of training tasks in the microcycle and training cycle is evaluated as a factor that regulates the regulation and program of sports training, where we rely on a simple mathematical but meaningful action, the " *rule of three* ", which converts the indicator the percentage amount of tasks (units) under development goals: to prepare date Total m 's, special and specific to each stage of training every makrocikli.

### Realizations in Physical-Mobile Indicators

Realization in physical-motor and functional indicators focuses on basic motor-functional, technical, technical and coordination objectives. For this purpose, special tests were used, which included the following exercises:

30 Runs 30-50 m from high start, for speed assessment, in sec;

Dy Long jump with two legs from the ground, for speed assessment, in full meters and centimeters.

- Traction on iron, to assess the strength of the arms and contracting muscles, at times; .

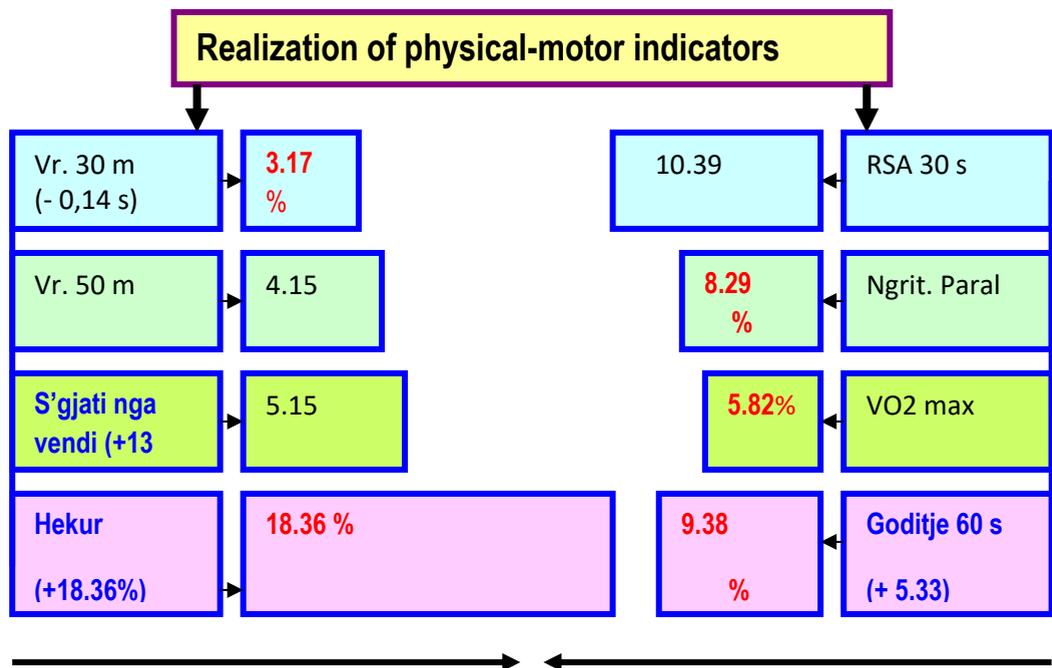
Rimi Approaching the chest near the knees (RSA, with barbell disc 5 kg in the chest), for the assessment of strength in the lumbar region, at times for 30 sec;

- Raise my arm in parallel, to assess the strength of the arms, at times;

Të Straight strokes, for the assessment of special force, at times in one minute;

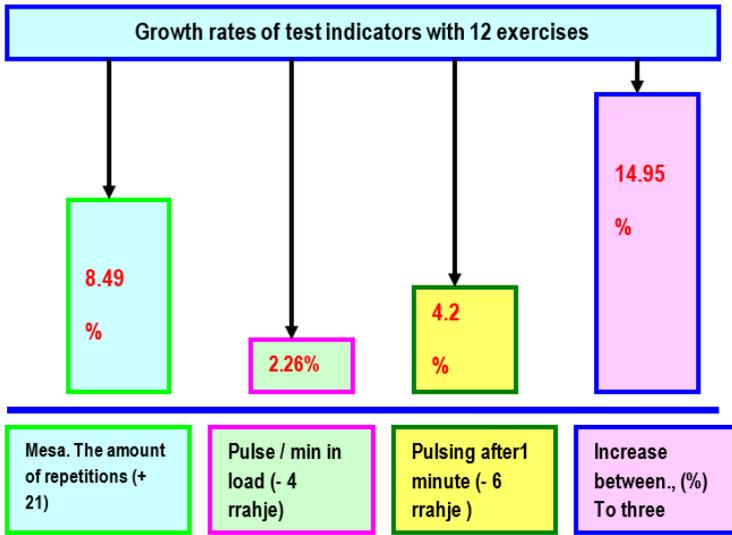
- VO2 max; for the evaluation of functional preparation, in mil / kg / min (Astrandtest ) - Tab. 47

S kema 33: Dynamics of physical-motor indicators in the boxing team SK" Tirana"



**Realization N Y TRREGUSIT PHYSICAL W -functional OF SPECIAL W.**

Achievements in t Indicators functional special s focus on the dynamics of "test with 12 exercises " in the order and manner determined by the first . (Tab. 48 )



Scheme 34 : Growth rates s h indices n h test special exercises 12

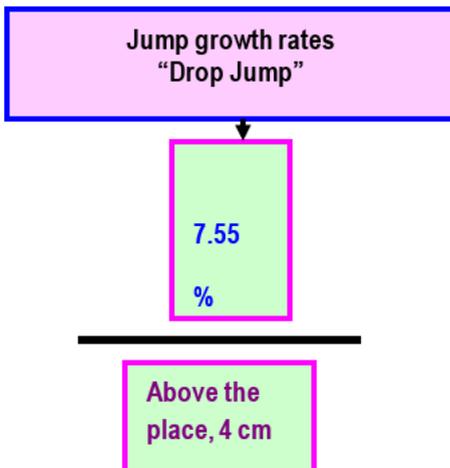
### DJ: DROP JUMP

(Jumping on the ground with both feet):

- K s only two rcim k h mb h t after falling on an object with height n s 40 cm.

Scheme 36 : Growth rates s h indices n s dance test s s highest by country

Me two legs, p a DECISION ë n the side ë ve



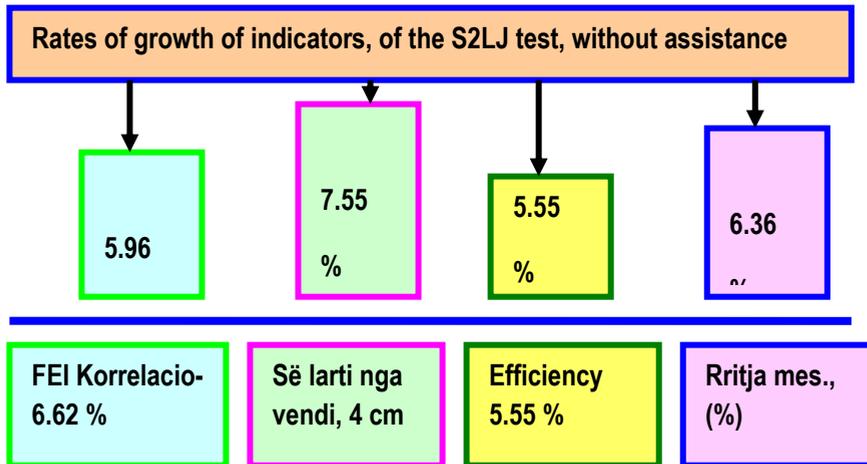
S2LJ: SINGLE 2 LEG JUMP (Jumping n h above h as two feet on the ground , without the aid of wings) :

- Continuous jumps, within 10 seconds, with hands placed in the middle;

- Evaluates the correlation of force in relation to speed, length, fashion and weight as well as the level of explosive force and coordination.

*Scheme 37 : Growth rates s h indices n s dance test s s highest by country*

*Me two legs, p a DECISION ë n the side ë ve*



**☐ S2LJ: SINGLE 2 LEG JUMP**

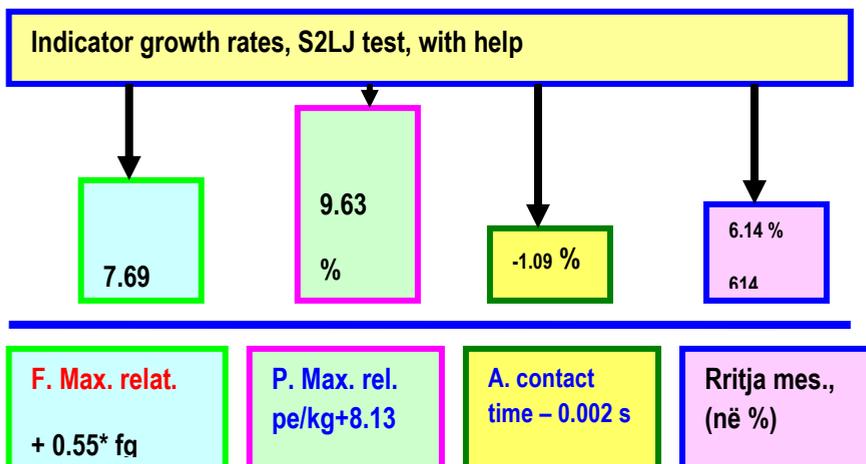
**(Jumping n ë above ë as the two feet on the ground with the aid of wings);**

I Single high jump, with the help of wings;

- Evaluates in particular the maximum relative strength, power and reaction.

*Scheme 38 : Growth rates s h indices n s dance test s s highest by country*

*Me two legs, p a DECISION ë n the side ë ve*



It is worth mentioning the developments in physical, technical and functional indicators, where there was an average increase of **8.1%**. N Special test with the first two exercises, marked a rise of **14.9%** (8:44% in the amount of repetitions, 2:26 in the blinking% in cargo and 4:20 in the blinking% after one minute). In Drop-jump test was a marked increase in h 7:55%. In the test Singel 2 Leg Jump (assisted), at **6.54%** (FFI, at 5.96%, Jump Height, at 7.55% and Efficiency, at 6.12%). In the Singel leg Jump test (without assistance): **6.17%** (where F.Mes, Rel, at 7.69%, F.Mes.Rel / weight, at 9.73% and A. Kontakt time, at 1.09%).

Analyzing the data, it is noticed that the whole team of boxers has made progress in all physical, functional and coordination indicators. This increase is greater in the iron and RSA traction indicator and smaller in the 30 m segment, where increases are more difficult. However, in the future the indicators of long jump from the ground and VO2 max, from 253 cm to 270 cm and from 45 to 55 ml / kg / weight, should be improved, as indicators that increase strength and aerobic capacity, for higher level loads. high in the future,

## Conclusions

At the end of the study, "*Complex training methodology of training increases the standards of training in amateur boxing, adults*", we come to the following main conclusions:

**First;** The experimental training process proves the theoretical and practical values of a new training methodology in the field of amateur boxing with specific and complex features feasible and necessary for high achievements. Through it, the right opportunities and conditions were achieved for the realization of the respective goals and objectives, focusing on a series of individual and team achievements.

**Second ;** The training methodology presented in the scope of this study is an original, standardized, applied and rational activity, freed from unnecessary overloads, which tire and exhaust the boxer, making it difficult to achieve special and specific indicators of training as a prerequisite. for high results.

**Third;** The training process in the field of amateur boxing should be organized in accordance with the requirements set by the sports match, during which anaerobic to aerobic energy processes prevail (anaerobic process, to the extent of 10%, lactic glycolytic anaerobic process, to the extent of 60% and aerobic process, to the extent of 30%).

Under these conditions, in the training process, priority should be given to loads with a pronounced aerobic character, which present special requirements for special endurance indicators, such as basic physical ability in the preparation of the boxer and physical-physical activities with breaks and intervals, where they are applied with priority interval and alternative methods

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