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Abstract

The impact of using a suggested course with three styles on Treadmill upon some functional indicators for long distances runners

The introduction and the research problem include the importance of using Treadmill in enduring development of the long distances runners through accuracy in size and comfort of work, also traditional courses may cause boredom.

The aims of the research were:

Knowing how much the suggested course is adequate on Treadmill to the research sample.

Knowing the best training styles from the different works of the set to improve functional competence of the research sample.

The assumptions were :

There are differences among the three research sets in pre and post test and for the benefit of the post .

There are intangible differences among the three research sets in post test and for the benefit of the second set . The research sample consists of superior athletes in long distances run who are about 7 and the sample is divided into three categories: the first one is training on Treadmill with straight level. They are three. The second one is training on high Treadmill with angle of 5 degree. They third one is training on moving Treadmill which comes up and down and they are two.

It has been research that running on moving Treadmill in a straight way is less effective than putting the set in an angle of 5 degree because the work done by the athlete is horizontal wards and that leads to economic efforts, while running on the set in an angle of 5 degree is higher effort and that refers to rise the maximum averages of pulse for the second and third groups.

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0.07	171	3.81	171.28	
0.36	28	1.6	27.42	
0.14	61	1.6	60.85	

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	2.922	1.62	4.60	4.49	
	6.31	0.58	4.95	4.77	
	6.36	1.28	4.85	4.60	

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	2.92	2	121	119	
	6.31	1.40	122	114	
	6.31	2.75	124	117	

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	2.94	2.30	30	31.60	
	6.31	8	25	30	
	6.31	7	22	32	

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	2.92	0.10	61	60.45	
	6.31	6.71	64	62.20	
	6.31	9	67	63	

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	1.26	2.1	2 - 1
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