

## CONSUMPTION OF VO<sub>2</sub> MAX, AND TESTING SPEED STEADINESS OF NEW ELITE WRESTLERS OF ALBANIA IN GRECO-ROMAN WRESTLING, AND FREE STYLE

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### Abstract

Wrestling is a sport having a high consumption of oxygen; it is an anaerobic-aerobic sport, the anaerobic dominating up to 90%. The purpose of this study is to show the importance of speed steadiness with young wrestlers, as one of the major components of wrestler training, with the aim of successfully achieving his objectives, as well as VO<sub>2</sub> max consumption as a variable being closely linked to them. The results will be used to design training syllabuses for reaching higher standards, and finding out where trainers need to focus their work in the future. There have been tested 16 wrestlers of all categories and weight, 8 wrestlers of Greco-Roman style, and 8 of free style, who are part of the national team of Albania. Their average age was 18.40 years old. The testing was conducted in January, 2014. They were tested in several variables: doll throw, supine throw, chest throw of partner, as well as VO<sub>2</sub> max consumption. In free wrestling, the average of doll throw per 3x30 sec. is 12, whereas in Greco-Roman style is 14. Oxygen consumption is greater with Greco-Roman wrestlers, this maybe due to the fact that during wrestling they apply more complex techniques, both when attacking and defending, whereas free-style wrestlers use, almost during all wrestling time, more technical elements of bending and mobility. With Greco-Roman wrestlers, one of the factors of high consumption is also their larger muscles compared to those of free style; however, this remains to be proved in future research. Light-and mid-weight wrestlers have a higher steadiness than heavy-weight ones in both styles. In supine throw of partner, light-weight wrestlers have a higher steadiness. Greco-Roman style wrestlers have a better performance with chest throw of doll.

**Keywords:** *Vo<sub>2</sub> max, Greco-Roman, free style, steadiness*