

TRAINING FOR A TARGETED COMPETITION, IN THE 800 m RACE

BY

ADELA-IOANA URSANU*

"Gheorghe Asachi" Technical University of Iasi,
Department of Teaching Training – Physical Education and Sports

Received: October 24, 2014

Accepted for publication: November 21, 2014

Abstract. If most specialists admit and appreciate the role of training as very important, they equally appreciate that its finality (value) is represented by competition. This is why observations should be made on the participation to competitions, on the performances obtained by the subject of our research in the 2012 competition year.

Key words: targeted competition; 800 m race; effort parameters; volume; intensity athletic shape.

**e-mail:* aursanu@yahoo.com