

Anaerobic Soccer Fitness

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Anaerobic activity is more intense (70-100% of your maximum heart rate) than aerobic but shorter in duration. Due to this, it is commonly referred to as quality training. Anaerobic activity is based on performing work while running the body with energy from stored sources such as glycogen. In this process, lactic acid is formed in the muscles thus causing you to feel fatigue or discomfort. Lactic acid buildup is why anaerobic exercises cannot be long in duration and are usually segmented into intervals.

Anaerobic endurance refers to your ability to sustain intense activity and recover quicker from it. This type of endurance is generally dependent upon your lactate tolerance and removal. Weightlifters try to keep the time between their sets of repetitions as short as possible. This way they are developing both their musculature and anaerobic endurance.

Significance for the soccer player:

- poor anaerobic fitness reduces your muscle strength
- it impairs your top speed throughout the course of a soccer game
- it makes it more difficult to execute techniques by impairing your coordination
- fatigue makes it hard to concentrate on tactics what to do

References

1. ExpertFootball.Com, <http://www.expertfootball.com/> (2004)
2. About.Com, <http://www.sportsmedicine.about.com/> (2005)
3. *The Official FA Guide to Fitness for Football.*
4. Les Reed, *The Official FA Guide to Basic Team Coaching*, (Hodder Arnold 2004).