

## The Effect of 12 Days of Detraining on Aerobic, Anaerobic Capacity and Performance of Elite Male Swimmers

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**Abstract :** The aim of this study was to of detraining on examine the effect of 12 days aerobic, anaerobic and performance of Iran elite male swimmers. All the national swimmers (15 swimmers) were the subjects of this study. All the subject participated in pre and post test respectively before and after the period of To assess the aerobic capacity, we detraining. used the swimming speed at 4 mmol/l lactate (V4) determined by a 400-m freestyle submaximal 1 speed test followed by 15 min active rest and a 100-m all out swim. The highest lactate value after the 100-m all out swim was considered as the measure of anaerobic capacity and the time of this event as The results showed that the performance ability. there were no significant differences in the aerobic and anaerobic capacities and performance of swimmers after 12 days of detraining.

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**Key Words:**  
Detraining, aerobic and anaerobic capacity,  
lactate, V4.



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