
Forecast Record-Distance Running and Speed of Both the 100m and 10,000m Record

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Abstract

One of the most stress-distance for runners, selected material is for training and matches. Because of the privilege of being track and field and runners of matches and earn points for your team win is necessary that runners select the Best Top Rated material and the material practice and race day. Fox and Matthews in his book as well as energy systems for run Harrow said, according to the chart below The aim of this study is to predict the outcome of both the 100m and 10,000 meters. Methodology: from 24 runners amateur record was 100 meters and 10,000 meters. Then randomly divided into four groups of six. 400m record from one group, record 800 meters from group Two, record 1500 meters from three group and both groups of four record was 5,000 meters. Given by the formula $A \times Arb + B \times Anb \times X$ with record results 400, 800, 1500, 3000 m, with spss software and graphical model Bland - Altman analysis was. The results showed that one can use the formula $A \times Arb + B \times Anb \times X$ record 200m(p=0.04), 400m (p=0.07), 800m(0.011), 1500m(p=0.001), 300m(p=.0001) and 5000m(p=0.001).meters before predicted.

A= Aerobic percent share of the graph is taken.

Arb = Over 10,000 meters averaging 100 yards a person has.

B = Percent share of anaerobic shown in Fig.

Anb = 100 meters individual record.

X = 100 meter distance record that we want to predict.

Keywords: Forecast record, 400m, 1500m, 800m, 3000m

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1. Introduction

To predict two records in track and field there are many ways, most of which are based on the record of the various sprints among them, the forecast record 150 to 600 meter sprints on the running of 150 to 600 meters, a person running a two run to predict the run could realize another record (17). It also uses a potential athletes and sizes that can at the same speed and frequency with perfect rhythm and total mileage to over 1500 meters and 800 meters record has been predicted the need to go through a specific protocol is ,800 meters runners to predict their record should warm up for 10 minutes after for one minute sprints should know and record the distance the three-minute break and again a minute to quickly run the total mileage put on its own formula the total mileage put on its own formula(18). These provisions only on running out and no attention was given to energy systems used in run. The important thing is that such predictions require protocol properties and can only run one or predict the properties. According to override the system of energy used in the runs and differences as well as a general formula for all runs that it can be for the entire two are used, the purpose of the present study using two runs 100 and 10,000 meters for the record nose runs, the system will power will help.

2. Method

Of 24 subjects randomly from the student's school of physical education were selected city Meshgin shahr ,100m and 10,000m record at the sports stadium was their record was recorded and then subjects were randomly divided into six groups of four. 200m from the band and record a record that was recorded, of Group 1, 200m record and record it was recorded. Of Group 2, 400m record and record it was recorded. Of Group 3, 800m record and record it was recorded. Of Group 4, 1500m record and record it was recorded. Of Group 5, 3000m record and record it was recorded. Of Group 6, 5000m record and record it was recorded. Then all records with predictions that the formula $A \times Arb + B \times Anb \times X$ and graph energy system by spss software and graphical model Bland-Altman analysis was and the degree of significance for each of records was 200m(p=0.04), 400m (p=0.07), 800m(0.011), 1500m(p=0.001) ,300m(p=.0001) and 5000m(p=0.001).

A= Aerobic percent share of the graph is taken.

Arb = Over 10,000 meters averaging 100 yards a person has.

B = Percent share of anaerobic shown in Fig.

Anb = 100 meters individual record.

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3.Results and Discussion

To predict two records in track and field there are many ways, most of which are based on the record of the various sprints among them, the forecast record 150 to 600 meter sprints on the running of 150 to 600 meters, a person running a two run to predict the run could realize another record (17). It also uses a potential athletes and sizes that can at the same speed and frequency with perfect rhythm and total mileage to over 1500 meters and 800 meters record has been predicted the need to go through a specific protocol is ,800 meters runners to predict their record should warm up for 10 minutes after for one minute sprints should know and record the distance the three-minute break and again a minute to quickly run the total mileage put on its own formula the total mileage put on its own formula(18).These provisions only on running out and no attention was given to energy systems used in run. The important thing is that such predictions require protocol properties and can only run one or predict the properties. According to override the system of energy used in the runs and differences as well as a general formula for all runs that it can be for the entire two are used, the purpose of the present study using two runs 100 and 10,000 meters for the record nose runs, the system will power will help. Bland-Altman graphical model results showed that the above formula can predict correctly the record.

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