DYNAMICS OF CHANGES IN PUNCHING POWER OF A SLOVAK REPRESENTATIVE IN BOXING DURING PREPARATORY PERIOD (7TH JANUARY – 10 MARCH 2013)

Abstract
In our post we deal with the changes of the punching power of a Slovak Republic representative, a boxer M.Z., during the 9-week training period before the competitive season in the first half of 2013. During the nine-week period, we recorded in detail the training process of the monitored athlete and during this period, we also tried to find a causal relationship between the training load and the changes of the punching power of M. Z. The punching power was measured every one-week micro-cycle, by using a punching dynamometer. The course of the changes of his punching power varied in an interesting way. We got the best results at the last measurement before his first competitive match. This confirmed our hypothesis that due to the delayed effect of accumulating power and explosive workout, the best results will peak during the transformation period.

Key words: athlete, punch, power, phases, training