THE EFFECTS OF DIFFERENT RECOVERY CONDITIONS ON BLOOD LACTATE CONCENTRATION AND PHYSIOLOGICAL VARIABLES AFTER HIGH INTENSITY EXERCISE IN HANDBALL PLAYERS

Abstract
The aim of this study was to determine the effects of different active vs. passive recovery on blood lactate concentration after high intensity exercise in handball players. Ten male students (age: 22.4 ± 2.1 years; body mass index: 21.6±1.2 kg/m²; percent body fat: 14.5±2.1) performed ten 30-meters shuttle run sprints with a 30 second passive recovery between repetitions for production lactate at a similar time of the four days. Four recovery trails were used to determine efficient recovery method in handball players. Statistical analyses revealed a significant difference between active and passive recovery conditions. There was a significant difference between walking with running and jogging recovery conditions (p = 0.012 and p = 0.002 respectively). There were no significant differences between the jogging and running recovery models (p = 0.576). Consequently, the results indicated that, higher intensity recovery might have a greater capacity to remove lactate in handball players.

Keywords: active recovery, passive recovery, blood lactate, handball players