INVITED PRESENTER

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Preparing the Indonesian Olympic Team: A Strength and Conditioning Perspective

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Abstract:

The importance of strength and conditioning in the physical preparation of Olympic athletes’ is unquestionable; with strength and conditioning often highlighted by athletes as one of the most important factors in enhancing athletic performance. Strength and conditioning coaches must centre on the fundamental principle of the ‘training response’, of which, the stress/fatigue state is a key component. That is to say – the ability to monitor and manage the stress/fatigue state ultimately determines the athlete’s training response. Therefore, if an athlete is not closely monitored imbalance in the stress/fatigue state will often lead to diminished performance. As such, development of an elite athletes’ performance potential requires a systematic approach to training, with the use of strength and conditioning methods an integral component of the overall training plan. This presentation shall (1) overview current concepts in strength and conditioning aimed at monitoring athletes training response and stress/fatigue state; (2) describe the physical preparation strategies utilised by the Indonesian Olympic Team for the Games of the XXIX Olympiad, Beijing, China; and (3) provide an overview of working as an international strength and conditioning consultant in an elite sports system.


This work was funded by Komite Olimpiade Indonesia (National Olympic Committee of Indonesia) and Charles Sturt University OPA3719 (to S.P. Bird). This invited presentation was supported by the School of Human Movement Studies, Charles Sturt University and sponsored by the Australian Strength and Conditioning Association.