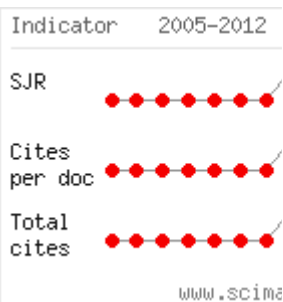


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Functional aspects of competitive tennis

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Abstract

Tennis is a sport that is characterized by intermittent dynamics, with intervallic moderate and high-intensity efforts due to repetitive actions of short-duration and high intensity. This review analyzes aspects such as the game's temporal structure, oxygen consumption, heart rate, lactate levels, and the effects of playing in heat. Knowledge of the contextual and functional characteristics of competitive tennis provides important information for improving the design of players training programs.

Key words: TENNIS; GAME CONTEXT; HEART RATE; LACTATE

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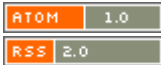
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