

Performance Enhancing Strategies Used by Elite Athletes

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At the elite level of sport there are diminishing returns in training. Therefore, athletes should maximize the use of performance enhancing strategies during training and competition to improve. The purpose of the study was to identify the strategies used by elite track and field athletes and determine their impact on performance at the 2019 Oceania Athletics Championships. It was predicted that the more training strategies an athlete implements in preparation for and during a major competition, the better the performance. Additionally, it was hypothesized that athletes with a higher training load would have better results. To ascertain strategies used by elite track and field athletes, a questionnaire was designed and distributed to athletes competing in the Oceania Athletics Championships in Townsville, Australia, from the 25th to the 28th of June 2019. It was found that athletes who implemented more high performance strategies tended to have better results. However, no clear relationship seemed to exist between a higher training load and better performance for the majority of athletes. These findings suggest that coaches should place greater emphasis on a holistic approach to training and competition by implementing an array of strategies rather than prioritizing training load.