



Elite Children Athlete is Our Future Cardiac Adaptation to Monofin Training in Prpubertal Athletes

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The elite child athletes are one who has superior athletic talent. Monofin (a single surface swim fin) swimming already proved to be the most efficient method of swimming for human being (1). Little is know about the influence of child monofin training on cardiac adaptation following long – term monofin training (LTMT)

14 elite monofin children aged 11.95 years (± 1.09 yr) , height (Ht) (153.07 ± 4.2 cm) , weight (wt) (52.4 ± 3.7 kg) , took part in (LTMT) for 36 weeks , 6 session per week , 90 min per session . All subjects underwent two-dimension, M-mode, and Doppler echocardiography before and after (LTMT) to evaluate cardiac dimensions and function, septal and posterior wall thickness. Statistical methods of SPSS, means \pm SD and paired t



where a swimmer must remain underwater for the entire distance of 50-meter pool. Immersion is where a swimmer carries compressed air with breathing apparatus for the entire distance. Finally, the long distance, this swimming event is conducted in an open water setting wherein swimmer are not allowed to bring breathing

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2. Abouzeid Magdy. (1983). Effects of Hypoxic Training on Cardio respiratory Efficiency and Record Performance for Competitive Swimmers. PH.D

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