



SUSILO, M.Pd., D.Ed

Doctor of Education

Faculty of Sports Science State University of Jakarta
Indonesia

Scientific Adviser of Global Community Health (GCH)

Asst. General Secretary of ACCESS

Susilo_777@yahoo.com

susilo@unj.ac.id

Kampus B FIK UNJ, Jln Pemuda 10, Rawamangun Indonesia,

Phone/Fax: +652893534

Improving muscular strength and endurance in squash players

Abstract: Top squash players do not necessarily have an extraordinary capacity in any of the areas of physical performance. Squash training is largely based on the game itself, and a common recruitment pattern from player to coach and manager reinforces this tradition. New developments in understanding adaptive processes to the circulatory system and endurance performance as well as nerve and muscle adaptations to training and performance have given rise to more effective training interventions. Endurance interval training using an intensity at 90–95% of maximal heart rate in 3- to 8-minute bouts have proved to be effective in the development of endurance, and for performance improvements in squash play. Strength training using high loads, few repetitions and maximal mobilization of force in the concentric mode have proved to be effective in the development of strength and related parameters. The new developments in physical training have important implications for the success of squash players. The challenge both for coaches and players is to act upon the new developments and change existing training practice. Increasing muscle strength and endurance is one of the main factors in achieving success in every match so that athletes can achieve what they want.

Susilo, M.Pd. D.Ed was born 22nd March 1973 in West of Java, completed his bachelor degree in 1997 and Master's Degree in Physical Education in 2001 at State University of Surabaya, and a Doctoral Degree in Physical Education and Training in 2013 at Central China Normal University, China. Presently working as senior lecturer in Department of Physical Education Faculty of Sports Science State University of Jakarta, and foreign affair staff. Since 2011, his is also as Executive Board Member ACCESS (<http://accessasia.com/Home/Committee>). Currently he is assistance secretary General ACCESS. He is now developing Sport in sport science faculty state University of Jakarta to be international standard and concern for Physical Education. On May 2015 host International Conference of Physical Education and Sport (ICPESS) as Organizing Committee. He is strongly committed to projects that focus on Physical Education in Indonesia. He has attended academic and professional meetings in more than 15 countries, such as GOFPEP 2014 South Africa, ICPESS 2015 India, 2015, ICSPHW Philippine 2016, GOFPEP 2016 Turkey, ICPESS 2017 Thailand, IPEEC Taiwan 2018, ICPESS Turkey 2018. **“Keep moving Be active be healthy”**