

Summary:

Endurance, like strength, is a conditional ability. It is primarily determined by energy liberation processes. Endurance is directly or indirectly important in all sports. Endurance is the ability to resist fatigue. Endurance is the ability to do sports movement, with the desired quality and speed, under conditions of fatigue. Endurance facilitates maintenance of pace and tempo of an activity during training and competition. Endurance is necessary for good quality of sports technique. Endurance enables a sportsperson to maintain rhythm, concentration and mental alertness during training and competition. Endurance helps in the maintenance of good health, improves resistance of the body against general infections and cures various cardio-respiratory diseases and metabolic disorders.