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A SYSTEMATIC REVIEW OF THE EFFECTS OF HIGH-INTENSITY INTERVAL TRAINING IN TENNIS PLAYERS

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INTRODUCTION

Accumulating evidence have suggested high-intensity interval training (HIIT) as a potential method to improve the performance of racket sport athletes. However, to the best of the authors' knowledge, no systematic review has been conducted to investigate the effects of HIIT in tennis players.

METHODS

Searches for this review were conducted using four electronic databases: Web of Science, Scopus, SPORTDiscus with Full-Text, and PubMed. The study was conducted and reported according to the preferred reporting items for systematic reviews and meta-analyses (PRISMA) guidelines (Ardern et al., 2022).

PURPOSE

The aim of this systematic review was to overview the physiological and performance effects of HIIT in tennis players.

RESULTS

Out of 109 studies, 7 met the inclusion criteria and were included in the review. Six of the seven studies were conducted with competitive level tennis players and one with intermediate players. The findings of five reviewed studies revealed that tennis players who participated in HIIT interventions had improved their aerobic capacity. Besides, three of the reviewed studies indicated that there was a significant increase in tennis performance. Fluctuating results were reported for agility, sprint, and jump performances.

CONCLUSION

These results may suggest that HIIT is beneficial for tennis players to achieve improvement in aerobic fitness and technical abilities regardless of age, gender, and skill level.

