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Selection of Exercises to Develop Endurance Strength for Male Canoeing Athletes in The 200-Meter Race on the Vietnamese National Youth Team

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Abstract

Endurance strength is one of the key physical attributes that plays a decisive role in the performance of 200m canoeing athletes, contributing to maintaining paddling power and speed throughout the competition. This study aims to select suitable endurance strength development exercises for male 200m canoeing athletes of the Vietnamese National Youth Team. The research utilizes methods including document analysis and synthesis, expert interviews, and statistical mathematics. Based on professional literature, practical training experiences, and interviews with 30 experts, coaches, instructors, and canoeing referees through two surveys, the study compiled 42 endurance strength development exercises. The analysis results showed that 31 exercises achieved a consensus level of 80% or higher in both interviews ($\chi^2 = 0.00-1.96$; $P > 0.05$), meeting the principles of scientific validity, specificity, feasibility, and effectiveness in training. The selected exercise system serves as a scientific basis for developing a training program to improve endurance strength and performance for male 200m canoeing athletes of the Vietnamese National Youth Team.

Keyword: Endurance strength; Canoeing; c200m distance; training exercises; young athletes; National team, Vietnam

1. Introduction

Canoeing is an Olympic strength-endurance sport where performance is determined by the combination of paddling technique, specialized physical fitness, boat control ability, and the capacity to utilize energy systems under high-intensity exercise conditions (Bompa & Buzzichelli, 2019; International Canoe Federation [ICF], 2023) ^[1]. For the 200m canoeing event, the race time is usually only 35–45 seconds, but athletes must maintain near-maximum power throughout the entire distance. Therefore, in addition to maximum strength and speed, endurance strength is a crucial physical fitness quality that determines the ability to maintain paddling force, stabilize paddling frequency, and limit speed decline in the final stages of the race (Harre, 1982; Bompa & Buzzichelli, 2019; Stone *et al.*, 2022) ^[1, 4, 14].

According to Harre (1982) ^[4], endurance strength is the ability to maintain a high level of force output under fatigue

conditions, which is a prerequisite for athletes to perform repetitive movements with high efficiency throughout the competition. This view is further affirmed by Bompa and Buzzichelli (2019) ^[1], who argue that in high-intensity cyclical sports, the development of endurance strength must be linked to the specific requirements of each competition event and built according to the specific principles of the training cycle. For 200m canoeing, endurance strength is not only demonstrated in the ability to generate high force in each stroke but also in the ability to maintain efficient force transmission to the paddle, helping athletes maintain stable boat speed under conditions of accumulated fatigue (Michael *et al.*, 2008; Wang *et al.*, 2023) ^[15].

Modern physiological and biomechanical studies agree that short-distance canoeing performance is strongly influenced by anaerobic power, upper body muscle strength, trunk muscle strength, and neuromuscular coordination throughout

the entire paddling cycle (Michael *et al.*, 2008; Stone *et al.*, 2022)^[15, 14]. In particular, Wang *et al.* (2023)^[16] showed that strength, power, and force output are strongly correlated with the performance of high-level canoeing athletes. More recently, Chen *et al.* (2026)^[17] also identified upper body pulling power as one of the important predictors of sprint canoeing performance and recommended prioritizing the development of specialized endurance strength in youth athlete training programs.

Current global trends in canoeing training shift from simply maximizing strength to building highly specialized training systems that combine land-based and water-based exercises to simultaneously develop strength, speed, and endurance. Exercises using ergometers, resistance bands, free weights, medicine balls, and paddle simulations are commonly employed to improve endurance under fatigue conditions, while ensuring similarity to the technical characteristics of actual competition (Bompa & Buzzichelli, 2019; Stone *et al.*, 2022; Suchomel *et al.*, 2016)^[1, 14]. This is considered a modern training trend that has helped many countries such as Hungary, Germany, Canada, and China maintain their leading positions at world championships and the Olympics.

In Vietnam, canoeing is one of the key sports that has received significant investment and development, achieving many outstanding results at the SEA Games and Asian Championships. To meet the demands of improving international performance, the Ministry of Sports and Physical Education has consistently focused on innovating the content and methods of specialized physical training (Sports and Physical Education Committee, 2000; Vietnam Aquatic Sports Association, 2007). In recent years, many research studies have focused on athlete selection, building a system for assessing physical fitness, and developing specialized strength for canoeing and kayak athletes. Le Nguyet Nga (2012) developed a system for selecting canoeing athletes in Ho Chi Minh City, contributing to the standardization of talent discovery. Nguyen Ngoc Kim Tung (2015) researched the application of specialized strength training exercises for male athletes of the Ho Chi Minh City Canoeing team and initially demonstrated the effectiveness of the exercise system in improving power generation ability. Doan Thu Anh Diem (2022)^[2] continued to develop a strength training exercise system for male athletes of the Canoeing youth team at the Can Tho National Sports Training Center, contributing to the completion of the scientific basis in specialized strength training.

In addition, several studies in rowing disciplines with similar movement characteristics also provide important reference points. Tran Doan Trang (2014)^[11] selected exercises to develop speed endurance in 500m rowing for male canoeing athletes aged 16-18 in the national youth team. Nguyen Duc Long and Nguyen Thi Thu Hien (2023) evaluated the effectiveness of exercises to develop speed endurance for female kayak athletes aged 15-17 in the 1000m race and confirmed that selecting specialized exercises significantly improved the ability to maintain competition speed. Recently, Do Xuan Anh (2024) studied the development of specialized endurance for male rowing athletes aged 15-17 in the 2000m race, thereby confirming that selecting exercises suitable to the energy characteristics and movement requirements of each competition event is crucial for training effectiveness.

Although numerous studies have been conducted on Canoeing, Kayaking, and Rowing, most have focused on developing general strength, speed endurance, or establishing assessment testing systems. To date, no in-depth research has

been conducted on selecting a specific strength and endurance training system for male 200m Canoeing athletes on the Vietnamese national youth team. This is even though this group has different physiological characteristics, skill levels, and competition requirements compared to amateur or adult athletes. Furthermore, the selection of exercises in current training practices is still primarily based on the coach's experience and has not been validated through a scientific process involving literature review, practical surveys, and expert interviews.

Based on the above theoretical and practical foundations, the study "Selection of exercises to develop endurance strength for male canoeing athletes in the 200-meter race on the Vietnamese National Youth Team" was conducted to select a system of exercises that are scientifically sound, specific, and highly feasible.

2. Research method

Literature review method: Used to collect, analyze, and synthesize scientific literature, monographs, legal texts, and research works both domestically and internationally related to physical development, sports training science, military physical training, and functional exercises in military training. The results of the literature synthesis provide a scientific basis for determining the principles for selecting and developing a system of endurance strength development exercises suitable for the characteristics of male 200-meter canoeing athletes of the National Youth Team.

Interview Method: This method aimed to gather opinions from experts and scientists in the field of sports and canoeing. The interview subjects included experts, professionals, coaches, lecturers, referees, etc. The issues of interest when using this method were selecting assessment tests and exercises to develop endurance strength for male national youth canoeing athletes in the 200-meter race.

Statistical methods: Used to process and analyze data collected during the research. The collected data was processed with the support of SPSS 22.0 software.

+ Interview subjects: 30 expert coaches, managers, teachers, instructors, and referees in Canoeing.

3. Research Results

To study endurance strength development exercises for male national youth canoeing athletes in the 200-meter race, the research was conducted in three parts:

1. Basis for selecting endurance strength development exercises.
2. Synthesis of endurance strength development exercises for male national youth canoeing athletes in the 200-meter race from research works by domestic and foreign authors.
3. Interviews with experts and specialists.

3.1. The basis for selecting exercises to develop endurance strength

The selection of endurance strength development exercises for male athletes in the 200m Canoeing event of the Vietnamese National Youth Team needs to be based on scientific principles and be appropriate to the specific characteristics of the competition. According to Bompa and Buzzichelli (2019)^[1], in modern training, the selected exercises should not only aim to develop physical fitness but also ensure specificity for the exercise requirements, training cycle, and athlete's level. Each exercise has a different impact on strength development, endurance strength, neuromuscular coordination, and technical efficiency;

therefore, they should be selected according to scientific criteria rather than being used indiscriminately.

Both domestic and international literature shows that the selection of exercises must be linked to the goals of each training phase. The preparation phase focuses on developing strength and general endurance; the specialization phase prioritizes exercises simulating rowing movements with specific intensity; and the pre-competition phase emphasizes maintaining exercise capacity and technical stability under fatigued conditions (Harre, 1982; Bompá & Buzzichelli, 2019) ^[1, 4]. This viewpoint is consistent with the sports training theory of Nguyen Toan and Pham Danh Ton (2000), which emphasizes adjusting the content and methods of training according to each cycle to achieve the highest adaptive efficiency.

For the 200m canoeing event, endurance strength plays a crucial role because athletes must maintain high paddling force, high paddling frequency, and efficient continuous power transfer throughout the competition. Therefore, the training system needs to simultaneously develop upper body, torso, and lower limb strength, improve neuromuscular coordination, and enhance fatigue resistance under high-intensity exercise conditions (Vietnam Aquatic Sports Association, 2007; Michael *et al.*, 2008; Stone *et al.*, 2022) ^[15, 14]. Domestic studies also confirm that selecting specialized exercises significantly improves the specialized strength and performance of canoeing athletes (Nguyen Ngoc Kim Tung, 2015; Tran Doan Trang, 2014; Doan Thu Anh Diem, 2022; Nguyen Duc Long & Nguyen Thi Thu Hien, 2023; Do Xuan Anh, 2024) ^[11, 2].

Based on the above theoretical and practical foundations, the selection of endurance strength development exercises for male 200m canoeing athletes is based on several factors: physiological characteristics, age, skill level of the athlete, training goals and objectives, the specific movement of the competition, as well as the physical conditions and organizational capacity of the team. Simultaneously, the selection process must adhere to the basic principles of sports training to ensure scientific accuracy, specificity, and effective application (Bompá & Buzzichelli, 2019; Harre, 1982; Nguyen Toan & Pham Danh Ton, 2000) ^[1, 4].

Based on that, the study identified four principles for selecting exercises, including: (1) ensuring specificity, directly aimed at developing endurance strength suitable for the characteristics of 200m canoeing and simulating competition movements (Bompá & Buzzichelli, 2019; Vietnam Aquatic Sports Association, 2007) ^[1]; (2) ensuring feasibility, suitability for the level of young athletes and the training conditions of the national team (Nguyen Toan & Pham Danh Ton, 2000; Doan Thu Anh Diem, 2022); (3) ensuring effectiveness, contributing to improving the ability to maintain paddling strength and competition performance through professional test indicators (Harre, 1982; Stone *et al.*, 2022) ^[4, 14]; and (4) ensuring diversity, creating training interest, comprehensively developing muscle groups and improving the ability to adapt to exercise volume (Bompá & Buzzichelli, 2019) ^[1]. These principles form the scientific basis for developing a suitable endurance strength training system for male 200m canoeing athletes on the Vietnamese national youth team.

Principles for developing training programs

Based on the theory of sports training and the characteristics of Canoeing, the training program is built according to the following principles:

1. Ensuring the goal of comprehensive education and development of athletes.
2. Adhering to the principles of sports training and pedagogical principles.
3. Ensuring scientific rigor, systematic approach, and continuity.
4. Alignment with the goals of each training cycle and each preparation phase.
5. Harmonious combination of developing endurance strength with other physical qualities and perfecting specialized techniques.
6. Promoting the guiding role of the coach while enhancing the proactive and positive attitude of the athletes.
7. Rational distribution of exercise volume and recovery time to create optimal adaptation.
8. Implementing the principle of individualization in training, suitable to the level and characteristics of each athlete.
9. Combining consolidation, refinement, and enhancement of professional skills.
10. Ensuring consistency between theory, observation, and training practice (Harre, 1982; Nguyen Toan & Pham Danh Ton, 2000; Bompá & Buzzichelli, 2019) ^[1, 4].

3.2. A compilation of strength and endurance exercises for canoeing athletes, compiled by various authors

Based on a review of documents containing exercises to develop endurance strength for canoeing athletes by several authors such as: Nguyen Duc Long, Nguyen Thi Thu Hien (2023), "Evaluating the effectiveness of speed endurance training exercises for female 1000m Kayak athletes aged 15-17 in Hanoi"; Doan Thu Anh Diem (2022) ^[2], "Research on building a system of strength training exercises for male athletes of the Canoeing Youth Team at the National Sports Training Center in Can Tho"; Bui Thi Sang (2020), "Evaluating the effectiveness of speed endurance training exercises for female 500m Kayak athletes aged 15-17 in the Hanoi Kayak Club"; Tran Van Nguyen (2017), "Research on building a system of specialized strength training exercises for male 10-person Dragon Boat Team athletes in the 500m distance in Binh Thuan province"; Can Tho National Sports Training Center (2016), 2016 Training Plan for the National Youth Canoeing Team; Can Tho National Sports Training Center (2017), 2017 Training Plan for the National Youth Canoeing Team; Nguyen Ngoc Kim Tung (2015), "Research on the application of exercises to improve specialized strength for male athletes of the Ho Chi Minh City Canoeing Team after 1 year of training"; Tran Doan Trang (2014) ^[11], "Research on selecting exercises to develop speed endurance in 500m rowing for male canoeing athletes aged 16 to 18 of the national youth team"; Beijing Sport University (2008), Scientific study on the selection of outstanding athletes in still water canoeing (translated by Le Nguyet Nga); Vietnam Canoeing Team: Selection criteria for Vietnamese canoeing athletes in 2010; Nguyen Huu Duc and colleagues (2012), Training plan for the Canoeing youth team of the Can Tho National Training Center; Vietnam Aquatic Sports Association (2007), IOC scientific documents for Canoeing coaches; Le Nguyet Nga (2012), "Research on building a system for selecting Canoeing athletes in Ho Chi Minh City", Ho Chi Minh City Department of Science and Technology project; Sports and Physical Education Committee (2000), Comprehensive rowing; Collective authors (2001), Sport rowing. Through their observation, training, and coaching, the authors have compiled 42

exercises to develop endurance strength for canoeing athletes.

3.3. Interviewing experts and professionals

After compiling the research topic, experts, professionals, lecturers, coaches, and referees were interviewed about the exercises obtained. The interviews were conducted twice, with a two-week interval between each interview. The interview results are presented in Table 1.

Table 1: Results of interviews on selecting strength and endurance exercises for male athletes in the 200-meter Canoeing event of the Vietnam National Junior Team.

	Exercise	First time (n = 30)		Second time (n = 30)		Inspection	
		Total score	%	Total score	%	χ^2	P
1	Two-handed dynamometer	60	100	60	100	0.00	>0.05
2	Spread fingers with a rubber band.	52	87	58	97	1.96	>0.05
3	Bicep curl 20kg	55	92	56	93	0.06	>0.05
4	Tricep curl 20kg	55	92	57	95	0.27	>0.05
5	Place 20kg kettlebells on each side.	58	97	59	98	0.17	>0.05
6	Truck wheel flipping Exercise	56	93	59	98	0.94	>0.05
7	10 times pull-up	44	73	47	78	0.20	>0.05
8	10 times parallel bar pull-ups	42	70	47	78	0.54	>0.05
9	Sit-up	52	87	55	92	0.39	>0.05
10	Lying face down and arching the back.	52	87	56	93	0.74	>0.05
11	Lying face down in the superhero pose	54	90	56	93	0.22	>0.05
12	Squat	52	87	53	88	0.04	>0.05
13	Maximum push-ups	50	83	53	88	0.31	>0.05
14	Jumping from a kneeling position	54	90	53	88	0.04	>0.05
15	Sit and rotate with a 10kg weight plate.	50	83	53	88	0.31	>0.05
16	Paddle with resistance for 12km	44	73	46	77	0.09	>0.05
17	Rowing a boat with obstacles attached.	43	72	46	77	0.20	>0.05
18	Lying bench press 40kg endurance	60	100	59	98	0.50	>0.05
19	Lying down endurance pull with a 40kg weight.	60	100	59	98	0.50	>0.05
20	Maximum number of pull-ups	60	100	58	97	1.02	>0.05
21	Maximum number of parallel bar pull-ups	60	100	58	97	1.02	>0.05
22	Standing pull-ups with quick shoulder press	47	78	49	82	0.10	>0.05
23	Reverse arm extension with a 40kg cable	60	100	58	97	1.02	>0.05
24	Wide-arm cable puller with 40kg cable	60	100	58	97	1.02	>0.05
25	Pull the cable with the V-bar at 50% of maximum strength.	37	62	45	75	1.23	>0.05
26	Model paddling on a technical training machine.	57	95	59	98	0.52	>0.05
27	Lying down, maximum weightlifting	36	60	44	73	1.20	>0.05
28	Lying down, pull the weights to maximum.	34	57	44	73	1.83	>0.05
29	Plank	58	97	59	98	0.17	>0.05
30	Left-right inclined plank	54	90	58	97	1.07	>0.05
31	15-second circuit weightlifting exercise (push, pull, dumbbell, shoulder-length pull-up, push-up, single bar, double bar)	60	100	59	98	0.50	>0.05
32	Bipedal feet-together stance	36	60	46	77	1.93	>0.05
33	Perform a quick barbell raise to shoulder level for a maximum of 15 seconds.	44	73	48	80	0.37	>0.05
34	Paddle 100m at maximum speed	43	72	47	78	0.36	>0.05
35	Rowing on a treadmill at a low, high frequency setting for 30 seconds.	54	90	56	93	0.22	>0.05
36	Elbow flexion and extension, 5-7kg, 30 seconds	55	92	55	92	0.00	>0.05
37	Squat with a 30kg weight 15 times.	56	93	53	88	0.45	>0.05
38	Paddle 500m with bumpers	56	93	55	92	0.06	>0.05
39	Paddle 500m without bumpers	56	93	54	90	0.22	>0.05
40	Paddling on a strong current.	58	97	59	98	0.17	>0.05
41	Paddle 200m at maximum speed with bumpers attached	54	90	54	90	0.00	>0.05
42	Paddle 200m at maximum speed (boat without bumpers).	54	90	54	90	0.00	>0.05

Table 1 shows that all observed results through two interviews to select exercises have χ^2 calculated from 0.0 to 1.96 < χ^2 table (= 3.84), so the difference between the two observed values of the sample is not statistically significant at the probability threshold $P > 0.05$ (5%). So the results of interviews with experts, coaches, and lecturers between the two interviews showed high consistency in responses, with $\geq 80\%$ of opinions agreeing in both interviews.

Summary: Through 3 research steps, the project has identified 31 exercises to develop endurance strength for male athletes in the 200-meter Canoeing race of the Vietnamese National Youth Team.

4. Discussion

The research results show that the selection of endurance strength development exercises for male athletes in the 200m Canoeing event of the Vietnamese National Youth Team was carried out according to a three-step process: building a theoretical basis and selection principles; synthesizing a system of exercises from literature and training practice; and evaluating the suitability of each exercise through expert

interviews. This process is consistent with the views of Bompa and Buzzichelli (2019) ^[1], in which the selection of exercises should be based on scientific evidence, the characteristics of the sport, and expert opinions to ensure specificity and effectiveness in training. The identification of four principles for exercise selection—specificity, feasibility, effectiveness, and diversity—is entirely consistent with modern sports training theory. Harre

(1982)^[4] argued that the effectiveness of an exercise depends on its degree of similarity to competitive activity, while Nguyen Toan and Pham Danh Ton (2000) emphasized that exercise selection must be appropriate to the goals of each training cycle, the athlete's level, and training conditions. This provides a basis for ensuring that the selected exercise system is scientifically sound and applicable in practice.

Based on a synthesis of literature and training practices, the study developed 42 exercises for developing endurance strength, including land-based exercises, weight training, resistance exercises, paddle simulations, and specialized underwater exercises. These results are consistent with studies by Nguyen Ngoc Kim Tung (2015), Tran Doan Trang (2014)^[11], and Doan Thu Anh Diem (2022), all of whom suggest that combining various exercise types simultaneously develops muscle groups involved in paddling, enhancing neuromuscular coordination and power transmission efficiency.

However, the study did not use all 42 exercises but continued the screening through expert interviews. The results showed that 31 exercises achieved a consensus rate of 80% or higher in both surveys, and there was no statistically significant difference between the two interviews ($\chi^2 = 0.00-1.96$; $p > 0.05$). This reflects the high level of consensus among experts regarding the suitability of the exercise system. According to Nguyen Duc Van (2001), repeated interviews combined with statistical testing are an important basis for evaluating the stability and reliability of expert opinions. Therefore, the selected system of 31 exercises has sufficient scientific basis for experimental implementation.

A noteworthy point is that the selected exercises not only focus on upper limb strength but also develop trunk, core, lower limb muscles, and simulate paddling technique. This is consistent with the biomechanical characteristics of canoeing, where paddling force is generated from the coordination of the entire kinematic chain from the lower limbs, trunk, to upper limbs (Michael *et al.*, 2008)^[15]. Stone *et al.* (2022)^[14] also suggest that the synchronized development of muscle groups helps improve power transmission, maintain exercise capacity, and limit technical decline under fatigue conditions.

Compared to previous studies, this research not only inherits the results of Nguyen Ngoc Kim Tung (2015), Doan Thu Anh Diem (2022)^[2], Tran Doan Trang (2014)^[11], Nguyen Duc Long and Nguyen Thi Thu Hien (2023), but also focuses specifically on developing endurance strength for the 200m canoeing event – an event requiring the maintenance of high paddling force at near-maximum intensity. The novelty of this research lies in developing a process for selecting exercises that combines theoretical basis, literature synthesis, training practice, and expert evaluation, instead of relying primarily on training experience. As a result, the selected system of 31 exercises is both scientifically reliable and suitable for actual training conditions, providing a basis for developing an experimental program and improving the training effectiveness of male 200m canoeing athletes in the Vietnamese national youth team.

5. Conclusion

The study established a scientific and practical basis, along with four principles: specificity, feasibility, effectiveness, and diversity, as the foundation for developing a system of 31 suitable exercises to improve endurance strength for male

athletes in the 200m Canoeing event of the Vietnamese National Youth Team.

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