

## LIST OF FIGURES

FIGURE	TITLE	PAGE
<b>I</b>	The percentage statistics of represented the level of agreement in the opinionnaire with the aspects of nature of training by the men 400 mts sprinters during their adolescence and adulthood period	86
<b>II</b>	The percentage statistics of represented the level of agreement in the opinionnaire with the aspects of nature of training by the women 400 mts sprinters during their adolescence and adulthood period	88
<b>III</b>	The percentage statistics of represented the level of agreement in the opinionnaire with the aspects of recovery phases and about the nature of recovery by the men 400 mts sprinters during their adolescence and adulthood period	92
<b>IV</b>	The percentage statistics of represented the level of agreement in the opinionnaire with the aspects of recovery phases and about the nature of recovery by the women 400 mts sprinters during their adolescence and adulthood period	94
<b>V</b>	The percentage statistics of represented the level of agreement in the opinionnaire with the aspects of excellence in 400 mts performance and its influence by the men 400 mts sprinters during their adolescence and adulthood period	98
<b>VI</b>	The percentage statistics of represented the level of agreement in the opinionnaire with the aspects of excellence in 400 mts performance and its influence by the women 400 mts sprinters during their adolescence and adulthood period	100
<b>VII</b>	The percentage statistics of represented the level of agreement in the opinionnaire with the aspects of remedies for the problems faced by the 400 mts sprinters by the men 400 mts sprinters during their adolescence and adulthood period	104
<b>VIII</b>	The percentage statistics of represented the level of agreement in the opinionnaire with the aspects of remedies for the problems faced by the 400 mts sprinters by the women 400 mts sprinters during their adolescence and adulthood period	106

<b>IX</b>	The percentage statistics of represented the level of agreement in the opinionnaire with the aspects of desirable stream of training by the men 400 mts sprinters during their adolescence and adulthood period	110
<b>X</b>	The percentage statistics of represented the level of agreement in the opinionnaire with the aspects of desirable stream of training by the women 400 mts sprinters during their adolescence and adulthood period	112
<b>XI</b>	The percentage statistics of represented the level of agreement in the opinionnaire with the aspects of other activities which influences the performance by the men 400 mts sprinters during their adolescence and adulthood period	116
<b>XII</b>	The percentage statistics of represented the level of agreement in the opinionnaire with the aspects of other activities which influences the performance by the women 400 mts sprinters during their adolescence and adulthood period	118
<b>XIII</b>	The percentage statistics of represented the level of agreement in the opinionnaire with the aspects of scope of the performance sustainability by the men 400 mts sprinters during their adolescence and adulthood period	122
<b>XIV</b>	The percentage statistics of represented the level of agreement in the opinionnaire with the aspects of scope of the performance sustainability by the women 400 mts sprinters during their adolescence and adulthood period	124