

**PENGARUH *INTERVAL TRAINING* TERHADAP KEMAMPUAN  
ANAEROBIK BERDASARKAN *MAXIMUM AEROBIC SPEED***

**TESIS**

diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar Magister  
Pendidikan Olahraga pada Program Studi Pendidikan Olahraga



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UNIVERSITAS PENDIDIKAN INDONESIA  
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### **PENGARUH *INTERVAL TRAINING* TERHADAP KEMAMPUAN ANAEROBIK BERDASARKAN *MAXIMUM AEROBIC SPEED***

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## ABSTRAK

### PENGARUH *INTERVAL TRAINING* TERHADAP KEMAMPUAN ANAEROBIK BERDASARKAN *MAXIMUM AEROBIC SPEED*

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Penelitian ini bertujuan meninjau pengaruh *interval training* terhadap kemampuan anaerobik berdasarkan kelompok *maximum aerobic speed* pada pemain futsal wanita. Metode penelitian yang digunakan desain faktorial 2x2. Variabel bebas yaitu *interval training* dan variabel moderator yaitu *Maximum Aerobic Speed*, variabel terikat adalah kemampuan anaerobik. Terdapat empat kelompok eksperimen yang diantaranya kelompok *Maximum Aerobic Speed* Tinggi dengan *Short Interval Training* (X1A1), kelompok *Maximum Aerobic Speed* Rendah dengan *Short Interval Training* (X1A2), kelompok *Maximum Aerobic Speed* Tinggi dengan *Intermediate Interval Training* (X2A1), kelompok *Maximum Aerobic Speed* Rendah dengan *Intermediate Interval Training* (X2A2). Analisis data dalam penelitian ini menggunakan analisis statistik *Two-way ANOVA*. Kesimpulan penelitian ini menunjukkan bahwa tanpa memperhatikan tingkat *Maximum Aerobic Speed* atlet, dapat pengaruh yang tidak signifikan antara *interval training* baik itu model SIT maupun IIT terhadap kemampuan anaerobik, tidak terdapat perbedaan pengaruh yang signifikan antara SIT dan IIT terhadap kemampuan anaerobik. Tidak terdapat interaksi antara *interval training* dengan *maximum aerobic speed* terhadap kemampuan anaerobik. Terdapat pengaruh yang signifikan antara SIT dan IIT terhadap kemampuan anaerobik dalam kondisi MAS Tinggi, maka model IIT lebih efektif dalam peningkatan kemampuan anaerobik dibandingkan model SIT. Terdapat perbedaan pengaruh yang signifikan antara SIT dan IIT terhadap kemampuan anaerobik dalam kondisi MAS Rendah, maka SIT lebih efektif dalam peningkatan kemampuan anaerobik dibandingkan model IIT.

**Kata Kunci :** Futsal Wanita, *Interval Training*, *Maximum Aerobic Speed*, Anaerobik.

## ABSTRACT

### THE EFFECT OF INTERVAL TRAINING ON ANAEROBIC CAPACITY BASED ON MAXIMUM AEROBIC SPEED

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This study aims to examine the effect of interval training on anaerobic capacity based on maximum aerobic speed groups in female futsal players. The research method used is a 2x2 factorial design. The independent variable is interval training, the moderator variable is Maximum Aerobic Speed, and the dependent variable is anaerobic capacity. There were four experimental groups, including the High Maximum Aerobic Speed group with Short Interval Training (X1A1), the Low Maximum Aerobic Speed group with Short Interval Training (X1A2), the High Maximum Aerobic Speed group with Intermediate Interval Training (X2A1), and the Low Maximum Aerobic Speed group with Intermediate Interval Training (X2A2). Data analysis in this study used Two-way ANOVA statistical analysis. The conclusions of this study indicate that, regardless of the athletes' maximum aerobic speed, there is no significant effect of interval training, whether SIT or IIT, on anaerobic capacity. There is no significant difference in the effect of SIT and IIT on anaerobic capacity. There is no interaction between interval training and maximum aerobic speed on anaerobic capacity. There is a significant effect between SIT and IIT on anaerobic capacity under high MAS conditions, so the IIT model is more effective in improving anaerobic capacity than the SIT model. There is a significant difference in the effect between SIT and IIT on anaerobic capacity under low MAS conditions, so SIT is more effective in improving anaerobic capacity than the IIT model.

**Keywords:** *Women's Futsal, Interval Training, Maximum Aerobic Speed, Anaerobic*

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