

DAFTAR PUSTAKA

- Arikunto, S. (2006). *Prosedur penelitian*. Jakarta : PT. Rineka Cipta.
- Baechle, R. T. & Earle, W.R. (2008). *Essentials of strength and training condition*. USA. Human Kinetics.
- Belfry, R. G. (2010). *Effects of a short work/shorter rest intermittent exercise on muscle metabolic status, vo2, hemoglobin saturation and performance*. (Tesis). Department of Exercise Science, University of Toronto, Toronto.
- Bompa, O. Tudor. (1999). *Periodization training for sport*. USA : Champaign, IL.
- Bompa, T. & Claro, F. (2009). *Periodization in rugby*. UK : Meyer & Meyer Sport (UK) Ltd.
- Bompa, Tudor O. (1990). *Theory and methodology of training; the key to athletic performance*. Dubuque, Iowa : Kendall / Hunt Publishing Company.
- Boyle, M. (2010). *Advances in functional training : training for coaches, personal trainers and athletes*. USA
- Boyle, M. (2010). *Advances in functional training : training techniques for coaches, personal trainers and athletes*. USA. Lotus Publishing.
- Brown, L.E. & Ferrigno V. A. (2005). *Training for speed, agility, and quickness*. [Online]. Diakses dari <http://ebooksclub.org/> Training For Speed, Agility, And Quickness/special book/dvd package.
- Deusteur, A. Patricia. (1997). *The navy seal physical fitness guide*. USA : Department of Military and Emergency Medicine, F.Edward Hebert School of Medicine.
- Dick, F. (2007). *Sport training principles*. London : A & C Black (Publishers) Ltd.

- Draper, N. & Hodgson, C. (2008). *Adventure sport physiology*. UK : John Wiley & Sons, Ltd. Chichester, West Sussex.
- Fraenkel, R. J, Wallen, E. N, & Hyun, H. H. (2011). *How to design and evaluate research in education : eight edition*. USA : McGraw-Hill Companies, Inc.
- France, C. Robert. (2011). *Introduction to Sports medicine and athletic training, second edition*. USA : Delmar, Cengage Learning.
- Gamble, P. (2010). *Strength and conditioning for team sports : sport-specific physical preparation for high performance*. USA : Routledge.
- Giriwijoyo, S & Sidik, D. Zafar. (2012). *Ilmu faal olahraga; fungsi tubuh manusia pada olahraga*. Bandung : PT Remaja Rosdakarya.
- Gordon, D. (2009). *Coaching science*. Padstow, Cornwall : Learning Matters Ltd.
- Gormley, S. E. (2008). *Effect of intensity of aerobic training on vo2max*. *Medicine & science in sports & exercise*, hlm. 1336 – 1343.
- Harsono, (1988). *Coaching dan aspek-aspek psikologis dalam coaching*. Bandung : Tambak Kusuma CV.
- Harsono. (2001). *Latihan kondisi fisik*. Bandung.
- Helgerud, J. (2006). *Aerobic high-intensity intervals improve v'o2max more than moderate training*. *Medicine & science in sports & exercise* , hlm. 665 - 671.
- Hoffman, J. (2007). *Physiological aspect of sport training and performance*. USA : Human Kinetics Publishers, Inc.
- Jones, I. & Gratton, C. (2004). *Research methods for sport studies*. London : Routledge.

- Karahan, M. (2012). *The effect of skill-based maximal intensity interval training on aerobic and anaerobic performance of female futsal players*. *Biology of sport*, 29 (3), hlm. 223 – 227.
- Kementrian Agama R.I. (2010). *AL-QUR'AN Terjemah Tajwid*._____: PT. SYGMA EXAMEDIA ARKANLEEMA
- Mackenzie, B. (2005). *101 Performance evaluation tests*. London : Electric World plc.
- Maksum, A. (2012). *Metodologi penelitian dalam olahraga*. Surabaya : Unesa University Press.
- Matyev, L. (1981). *Fundamentals of sport training*. Uni Soviet : Progress Publisher.
- McMorris, T, & Hale, T. (2006). *Coaching science : theory into practice*. England : John Wiley & Sons Ltd.
- O'Donoghue, P. (2010). *Research methods for sport performance analysis*. USA : Routledge.
- Pesurnay, P. Levinus, & Sidik, D. Zafar. (2008). *Materi penataran pelatih fisik tingkat nasional se-Indonesia*. Koni Pusat.
- Ratamess, N. (2012). *ACSM's foundations of strength training and conditioning*. USA. Lippincott Williams & Wilkins.
- Satriya. dkk. (2007). *Metodologi kepelatihan olahraga*. Bandung : Jurusan Pendidikan Kepeleatihan Olahraga. FPOK. UPI.
- Sidik, D. Z. (2010). *Pembinaan kondisi fisik*. Bandung : Buku ajar FPOK UPI.
- Sudjana. (1990). *Metoda statistika*. Bandung : Tarsito.
- Sugiyono. (2011). *Metode penelitian pendidikan*. Bandung : CV. Alfabeta.

- Sukmadinata, N. S. (2012). *Metode penelitian pendidikan*. Bandung : PT. Remaja Rosdakarya
- Tabata, dkk. (1996). *Effects of moderate-intensity endurance and high-intensity intermittent training on anaerobic capacity and ·vo2max*. *Medicine & science in sports & exercise*, 28 (10), hlm. 1327 – 1330.
- Tim Redaksi Kamus Bahasa Indonesia (2008). *Kamus bahasa Indonesia*. Jakarta : Pusat Bahasa.
- Turner, A.T. (2011). *Training the aerobic capacity of distance runners : a break from tradition*. *Strength and conditioning journal*, 33(2), hlm. 39 – 42.
- Verkhoshansky, V. Y. (2006). *Special strength training*. Moskow.