

## ABSTRAK

### PERBANDINGAN BENTUK LATIHAN LARI INTERVAL TRAINING DAN LARI CONTINUOUS TERHADAP PENINGKATAN VO<sub>2</sub>MAX PADA PEMAIN SEKOLAH SEPAKBOLA BINA MUDA SUKATANI KABUPATEN BEKASI TAHUN 2017

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Permasalahan yang terjadi pada SSB Bina Muda Sukatani adalah sering terjadinya kelelahan saat pertandingan dan latihan, VO<sub>2</sub>max anak-anak masih berada pada level rendah setelah dilakukan tes kondisi fisik. Tujuan dari penelitian ini adalah apakah ada peningkatan sebagai acuan pembandingan bagi pelatih dalam menentukan efektivitas peningkatan VO<sub>2</sub>max dengan menggunakan metode *interval training* dan *continuous training*. Penelitian ini merupakan penelitian eksperimen semu. Populasi dalam penelitian ini adalah siswa SSB Bina Muda Sukatani yang terdiri atas 20 siswa usia 15-19 tahun, dengan subjek penelitian di kelompokkan menggunakan metode *ordinal pairing* yang dibagi menjadi dua kelompok masing-masing kelompok 10 orang. Kelompok pertama dilatih menggunakan metode *interval training* dan kelompok dua menggunakan metode *continuous*. Desain dalam penelitian ini *Two Group Pre-Test Post-Test Design*. Instrumen penelitian menggunakan *bleep test*. Uji hipotesis menggunakan *paired sample t-test* dan *independent sample t-test*. Hasil penelitian menunjukkan bahwa uji *paired test, sig.2 tailed* sebesar  $0,000 < 0,05$  yang artinya terdapat perbedaan antara nilai sebelum perlakuan dengan setelah perlakuan, (2) uji *independent test, sig.2 tailed* sebesar  $0,000 < 0,05$  yang artinya terdapat perbedaan antara *interval training* dengan *continuous training* (3) Terdapat kenaikan VO<sub>2</sub>max pada *interval training* sebesar 3,59 ml/kg/min, (4) Terdapat kenaikan VO<sub>2</sub>max pada *continuous training* sebesar 1,29 ml/kg/min. Sehingga metode *interval training* lebih efektif dibandingkan dengan metode *continuous training*.

Kata kunci: *VO<sub>2</sub>max, Interval Training, dan Continuous Training*

## ABSTRACT

### COMPARISON OF INTERVAL TRAINING EXERCISE AND CONTINUOUS RUN TOWARD THE IMPROVEMENT OF VO<sub>2</sub>MAX ON SOCCER SCHOOL PLAYERS BINA MUDA SUKATANI, BEKASI IN 2017

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The issue in Soccer School Bina Muda Sukatani is frequent fatigue during games and exercises, the level of player's VO<sub>2</sub>max are still at low after physical condition test. The purpose of this study is to observe whether there is an improvement as a benchmark for the coach in determining the effectiveness of VO<sub>2</sub>max improvement by using interval training and continuous training methods. This study is based on quasi-experimental approach. The population in this study were soccer school players of Bina Muda Sukatani consisting of 20 students aged 15-19 years in which the study subjects is grouped by using ordinal pairing method that divided into two groups where each group consist of 10 people. The first group is trained by using interval training method and second group trained by using continuous method. The design in this study is *Two Group Pre-Test Post-Test Design* while the instrument in the study employed bleep test. Hypothesis test was using paired sample t-test and independent sample t-test. The results showed that the paired test, sig.2 tailed was 0.000 < 0.05, it means that there was a difference between the value before treatment and after treatment, (2) independent test, sig.2 tailed was 0.000 < 0.05, there was difference between training interval and continuous training, (3) There was also an increase in VO<sub>2</sub>max at training interval of 3.59 ml/kg/min, (4) There was an increase in VO<sub>2</sub>max on continuous training of 1.29 ml/kg/min. Thus, it can be concluded that the interval training method was more effective than the continuous training method.

**Keywords:** *VO<sub>2</sub>max, Interval Training, and Continuous Training*