

DAFTAR PUSTAKA

- Arazi, H. et al. (2017). Effects of Heart Rate vs. Speed-Based High Intensity Interval Training on Aerobic and Anaerobic Capacity of Female Soccer Players. *Sports*, 5(4), p. 57. doi: 10.3390/sports5030057.
- Arikunto, S. (2002). *Tes Pengukuran Pendidikan Olahraga*. Bandung: FPOK-UPI
- Baechle et al. (2008). *Essentials of strength and conditioning, national strength and conditioning association*. 3rd Ed. Human Kinetics.
- Bayati, M. et al. (2011). *A practical model of low-volume high-intensity interval training induces performance and metabolic adaptations that resemble "all-out" sprint interval training*. *Journal of Sports Science and Medicine*, pp. 571–576.
- Bilge, M. (2013). Interval training specific to handball and training programme designs. *World Applied Sciences Journal*, 25(7), pp. 1066–1077. doi: 10.5829/idosi.wasj.2013.25.07.13363.
- Billat, L.V., (2001). Interval Training for Performance: A Scientific and Empirical Practice. *Sports Medicine* 31, 75–90. doi:10.2165/00007256-200131020-00001
- Buchheit, M., Mendez-villanueva, A., Quod, M., Quesnel, T., & Ahmaidi, S. (2010). Improving Acceleration and Repeated Sprint Ability in Well-Trained Adolescent Handball Players: Speed Versus Sprint Interval Training, 152–164. <https://doi.org/10.1123/ijsp.5.2>.
- Buchheit, M. and Laursen, P. B. (2013). High-intensity interval training, solutions to the programming puzzle: Part I: Cardiopulmonary emphasis. *Sports Medicine*, 43(5), pp. 313–338. doi: 10.1007/s40279-013-0029-x.
- Burgomater, et., al. (2005). Six sessions of sprint interval training increases muscle oxidative potential and cycle endurance capacity in humans. *Journal*

- Bompa, T.O. (1999). *Periodization Training for Sport*. United States: Human Kinetics.
- Boutcher, S. H. (2011). High-Intensity Intermittent Exercise and Fat Loss. doi: 10.1155/2011/868305.
- Brown, Lee. (2000). *Training for Speed, Agility, and Quickness*. America. Human Kinetic
- Cathal J. Cregg, Bs. (2013). *Effects of High Intensity Interval Training and High Volume Endurance Training on Maximal Aerobic Capacity, Speed and Power in Club Level Gaelic*. (January).
- Carl Foster *et. al* (2015). The Effects of High Intensity Interval Training vs Steady State Training on Aerobic and Anaerobic Capacity. *Journal of Sports Science and Medicine* (2015) **14**, 747-755
- Cihan, H *et. al*. (2012). The Effect of Maximal Leg Press Strength Training on Bilateral Deficit. *Turkish Journal of Sport and Exercise* 2012;14(3):13-20.
- Cochran, A. (2006). *Interval training for the games player*. [Online]. Tersedia: <http://www.brianmac.co.uk/articles/scni33a4.htm> [5 februari 2013]
- Daniels, J., Scardina, N., 1984. Interval training and performance. *Sports Medicine* 1, 327–334.
- Davey, P.R., Thorpe, R.D., Williams, C., 2002. Fatigue decreases skilled tennis performance. *Journal of Sports Sciences* 20, 311–318. doi:10.1080/026404102753576080.
- Dawson, B. *et al*. (1998). Changes in performance , muscle metabolites , enzymes and @ bre types after short sprint training. pp. 163–169.
- Driller, M. W. *et al*. (2009). *The effects of high-intensity interval training in well-trained rowers*. *International Journal of Sports Physiology and Performance*, 4(1), pp. 110–121. doi: 10.1123/ijsp.4.1.110.
- Dupont, G., Akakpo, K. and Berthoin, S. (2004). The effect of in-season, high-

- intensity interval training in soccer players. *Journal of Strength and Conditioning Research*, 18(3), pp.584–589. doi:10.1519/15334287(2004)
- Freankel J. R, Wellen N. E (1990) *How to Design and Evaluate Research In Education*. San Fransisco: State Univercity.
- Gambetta, V. (1989). *The Athletics congress's: Track and Field Coaching Manual (Second Edition)*. Champaign: Leisure Press.
- García-Pinillos, F., Cámara-Pérez, J.C., Soto-Hermoso, V.M., Latorre-Román, P.Á., (2017). A High Intensity Interval Training (HIIT)-Based Running Plan Improves Athletic Performance by Improving Muscle Power. *Journal of Strength and Conditioning Research* 31, 146–153. doi:10.1519/JSC.0000000000001473
- Gibala, M. J. and McGee, S. L. (2008). Metabolic Adaptations to Short-term High-Intensity Interval Training. *Exercise and Sport Sciences Reviews*, 36(2), pp. 58–63. doi: 10.1097/JES.0b013e318168ec1f.
- Giriwijoyo, S. dan Sidik, D.Z. (2012). *Ilmu Faal Olahraga (Fisiologi Olahraga): Fungsi Tubuh Manusia pada Olahraga untuk Kesehatan dan Prestasi*. Bandung: Remaja Rosdakarya.
- Glen. W and Peter. L. (1998). The relationship between repeated sprint ability and the aerobic and anaerobic energy systems. June 1998. Volume 1, Issue 2, Pages 100–110.
- Harsono (1988). *Coaching dan Aspek-aspek Psikologis dalam Coaching*. Jakarta: Tambak Kusuma
- Hazell, T.J. et., al. (2010). 10 or 30-s sprint interval training bouts enhance both aerobic and anerobic performance. *European Journal of Applied Physiology* 110,153-160.
- Hoffman, J. (2006). *Norms For Fitness, Performance, and Health*. USA: Human Kinetics.

- Hottenrott, K., Ludyga, S. and Schulze, S. (2012). Effects of high intensity training and continuous endurance training on aerobic capacity and body composition in recreationally active runners. *Journal of Sports Science and Medicine*, 11(3), pp. 483–488.
- Iaia, F. M. and Bangsbo, J. (2010). Speed endurance training is a powerful stimulus for physiological adaptations and performance improvements of athletes. *Scandinavian Journal of Medicine and Science in Sports*, 20(SUPPL. 2), pp. 11–23. doi: 10.1111/j.1600-0838.2010.01193.x.
- Imanudin I. (2008). *Modul Ilmu Kepeleatihan Olahraga*. Bandung : UPI
- Jack H. Willmore and David L. Costil. (2008). *Physiology of Sport and Exercise*. 4th Ed. Human Kinetics.
- John. D. Tenang. (2008). *Mahir Bermain Futsal*. Bandung: DAR! Mizan
- Karp, J. (2012) *The power to succeed*, *Athletics Weekly*, November 29 2012, p.42-43
- Kessler, H. S., Sisson, S. B. and Short, K. R. (2012). The potential for high intensity interval training to reduce cardiometabolic disease risk. *Sports Medicine*, 42(6), pp. 489–509. doi: 10.2165/11630910-000000000-00000.
- Kristina *et al.* (2009). Effect of Four Weeks of High Intensity Interval Training and Creatin Supplementation on Critical Power an Anaerobic Working Capacity in College-Aged Men. *Journal of Strength and Conditioning Research*. 23(6)/1663–1669
- Laursen, P. B. and Jenkins, D. G. (2002). The scientific basis for high intensity interval training - optimising training programmes and maximising performance in highly trained endurance athletes. *Sports Medicine*, 32(1), pp. 52–73.
- Lhaksana, Justinus. Dkk (2005). *Teknik Dasar dan Strategi Permainan Futsal*. Jakarta
- Lori *et al.* (1998). Development of Speed, Agility, and Quickness for Tennis

Athlete. *Strength and Conditioning*.

Mackenzie, B. (1997). *Speed training* [WWW] Available from: <https://www.brianmac.co.uk/speed.htm> [Accessed 15/7/2018]

Mackenzie, B. (2000). *Agility* [WWW] Available from: <https://www.brianmac.co.uk/agility.htm> [Accessed 15/7/2018]

Mackenzie, B. (2005). *101 Performance Evaluation Tests*. London: Electric Word Plc.

Mark, et al. (2018). *Sprint interval and traditional endurance training induce similar improvements in peripheral arterial stiffness and flow-mediated dilation in healthy humans*

Moeloek, D and Tjokro. (1984). *Kesehatan dan Olahraga*. Jakarta: Fakultas Kedokteran Universitas Indonesia.

Murray, A. (2005). *The effects of resisted sled-pulling sprint training on acceleration and maximum speed performance*. *J Sports Med Phys Fitness*, 45 (3), p. 284-90

Nishimura, K. and Tabata, I. (1996). *Effects of moderate intensity endurance and high intensity intermittent training on anaerobic capacity and $\dot{V}O_{2max}$* . *Medicine & Science in Sports & Exercise*. 28(10), p. 1327-1330.

Paton, C. D. and Hopkins, W. G. (2004). *Effects of High-intensity Training on Performance and Physiology of Endurance Athletes*. *Sportscience*, pp. 25–40.

Rakobowchuk, M. et al. (2008). *Sprint interval and traditional endurance training induce similar improvements in peripheral arterial stiffness and flow-mediated dilation in healthy humans*. *AJP: Regulatory, Integrative and Comparative Physiology*, 295(1), pp. R236–R242. doi: 10.1152/ajpregu.00069.2008

Rognmo, Ø. et al. (2004). *High intensity aerobic interval exercise is superior to moderate intensity exercise for increasing aerobic capacity in patients with*

- coronary artery disease. *European Journal of Cardiovascular Prevention and Rehabilitation*, 11(3), pp. 216–222. doi: 10.1097/01.hjr.0000131677.96762.0c.
- Royal, K.A., Farrow, D., Mujika, I., Halson, S.L., Pyne, D., Abernethy, B., (2006). The effects of fatigue on decision making and shooting skill performance in water polo players. *Journal of Sports Sciences* 807–815.
- Rushall and Phyke. (2009). *Training for Sport dan Fitness*. Canberra: Macmillan education pp 15-17
- Satriya *et. al.* (2007). *Metodologi kepelatihan olahraga*. Bandung: Jurusan Pendidikan Kepeleatihan Olahraga, FPOK UPI.
- Seagrave, L. (1992). *Speed Dynamics: High Performance High Hurdles Sprint Training*. Jakarta: IAAF High Level Seminar On Sprints/Hurdles
- Seiler S, Sjursen JE. (2004). Effect of work duration on physiological and ratingscale of perceived exertion responses during self-paced interval training. *Scandinavian Journal of Medicine and Science in Sports* 14, 318-325
- Sheppard, J. M. and Young, W. B. (2005). Agility literature review : Classifications , training and testing. (Accepted 4 November 2005)
- Sidik, D.Z. (2008). *Pembinaan Kondisi Fisik*. Bandung : Buku Ajar FPOK-UPI
- Sidik, D.Z. . (2010). *Artikel Jurnal Kepeleatihan Olahraga*. (online). Tersedia: dizas424@yahoo.com
- Sidik, D. Z. (2011). *Manfaat Pelatihan Harness: Manfaat Pelatihan Harness dalam Meningkatkan Kemampuan Fisik Anaerob dan Aerob*. [Online]. Tersedia:<http://dizas424starperformance.blogspot.com/> [14 Januari 2013]
- Sidik, *et. al.* (2014). *Bahan Ajar Teori Latihan Olahraga* Bandung : CV Nuraini
- Sinek, S. (2017). HIIT FAQ (Frequently Asked Questions about High-Intensity Interval Training). [Online] Tersedia di <https://dohiit.com/hiit-faq>
- Smith, M. J. (2008). Sprint Interval Training - “ It ’ s a HIIT !. *Training*, (March).

- Stone, M.H., M. Stone and W.A. Sands, 2007. 29. Pori, P., U. Mohoric and M. Sibila, (2010). Differences Principles and Practice of Resistance Training, USA, of some loading and effort variables in execution of Human Kinetics.
- Sugiyono. (2013). *Metode Penelitian Kuantitatif Kualitatif dan R & D*. Bandung: ALFABETA
- Sumpena, A dan Sidik, D, Z. (2017). The Impact of Tabata Protocol to Increase the Anaerobic and Aerobic Capacity. *IOP Conf. Series: Materials Science and Engineering 1 80 (2017) 012 189 doi:10.1088/ 1757-899X / 1 80 /1/ 012 189*.
- Sundari. (2012). Effect Of High Intensity Interval Training (Hiit) On Strength Of Female Basketball Players. June 2012, volume 1-3.
- Swain, D.P. and Franklin, B.A. (2005) Comparison of cardioprotective benefits of vigorous versus moderate intensity aerobic exercise. *The American Journal of Cardiology* 97,141-147.
- Talanian, J. L. *et al.* (2006). Two weeks of high-intensity aerobic interval training increases the capacity for fat oxidation during exercise in women. *Journal of Applied Physiology*, 102(4), pp. 1439–1447. doi: 10.1152/jappphysiol.01098.2006.
- Todd *et al.* (2012). Effect Of High-Intensity Interval Training On Cardiovascular Function, Vo₂max, And Muscular Force. *Journal of Strength and Conditioning Research*. 26(1)/138–145.
- Warburton, D. E. R. *et al.* (2005). Effectiveness of High-Intensity Interval Training for Artery Disease. 95. doi: 10.1016/j.amjcard.2004.12.063.
- Wislof *et al.* (2004). Strong correlation of maximal squat strength with sprintperformance and vertical jump height in elite soccer players. *Br J Sports Med*2004;38:285–288. doi: 10.1136/bjism.2002.002071.
- Wood, R. (2013). *Dash Sprint 20 Meters*. [Online]. Tersedia:<http://www.topendsport.com/testing/test/sprint20meters.htm> [5 April 2013]

Wood, R. (2013). 3 Hop. [Online].
Tersedia:<http://www.topendsport.com/testing/test/hop.htm> [5 April 2013]