

High-intensity interval training dan fartlek training: Pengaruhnya terhadap tingkat VO2 Max

Title	High-intensity interval training dan fartlek training: Pengaruhnya terhadap tingkat VO2 Max
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Abstract	<p>Abstrak: Penelitian ini bertujuan untuk mengetahui pengaruh High-Intensity Interval Training (HIIT) dan Fartlek Training terhadap tingkat VO2 Max Atlet Soedirman Expedition VII. Metode penelitian ini adalah pre-experimental dengan desain two group pre-test post-test design. Populasi penelitian berjumlah 20 orang dan menggunakan teknik total sampling sehingga diperoleh jumlah sampel 20 Orang. Instrumen Penelitian yang digunakan yaitu Multistage Fitness Test (MFT). Penelitian ini dilaksanakan pada Januari 2019 sampai dengan Juni 2019. Teknik analisis data yang digunakan adalah paired t-test dan independent t-test. Hasil penelitian menunjukkan bahwa ada pengaruh High-Intensity Interval Training (HIIT) terhadap peningkatan tingkat VO2 Max Atlet Ekspedisi Soedirman VII. Selain itu, ada pengaruh Fartlek Training terhadap tingkat peningkatan VO2 Max Atlet Ekspedisi Soedirman VII, dan tidak ada perbedaan pengaruh yang signifikan antara High Intensity Interval Training (HIIT) dan Fartlek Training pada peningkatan tingkat VO2 Max atlet Ekspedisi Soedirman VII, dengan hasil ini maka terdapat pengaruh dari kedua jenis latihan terhadap peningkatan VO2 Max namun tidak ada perbedaan pengaruh yang signifikan diantara keduanya, akan tetapi jika dilihat dari presentase kenaikannya, metode latihan High-Intensity Interval Training (HIIT) menunjukkan hasil yang lebih baik.</p> <p>High-intensity interval training and fartlek training: Their influence on the VO2 Max level</p> <p>Abstract: This study aims to determine the effect of High-Intensity Interval Training (HIIT) and Fartlek Training on the level of VO2 Max Athlete Soedirman Expedition VII. This research method is a pre-experimental design with two groups pre-test post-test design. The study population numbered 20 people and used a total sampling technique to obtain a sample size of 20 people. The research instrument used is the Multistage Fitness Test (MFT). This research was conducted in January 2019 until June 2019. The data analysis technique used was a paired t-test and independent t-test. The results showed that there was an effect of High-Intensity Interval Training (HIIT) on increasing the level of VO2 Max Athlete Soedirman VII Expedition. In addition, there is the influence of Fartlek Training on the increasing level of VO2 Max Soedirman VII Expedition Athletes, and there is no significant difference in effect between High-Intensity Interval Training (HIIT) and Fartlek Training on increasing the VO2 Max level of athlete Soedirman VII expedition, with these results there is the effect of the two types of exercise on increasing VO2 Max but there was no significant difference in effect between the two, but when viewed from the percentage increase, the High-Intensity Interval Training (HIIT) training method showed better results.</p>
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