

ABSTRACT

AN ANALYSIS OF VO2 MAX SKILL LEVELS OF BHAYANGKARA SWIMMING CLUB ATHLETES IN BENGKULU CITY

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This study aims to determine the level of VO2 Max skills of athletes from the Bhayangkara Swimming Club in Bengkulu City. The research method used is descriptive research. The research sample consisted of 23 individuals. The instrument used in this study is the Bleep Test/Multi-Stage. In the results and discussion, the researcher concluded that the VO2 Max ability of male athletes from the Bhayangkara Swimming Club in Bengkulu City, performed by 13 male athletes, falls into the category of "sufficient," with 7 male athletes, accounting for 54%. Furthermore, the VO2 Max ability of female athletes from the Bhayangkara Swimming Club in Bengkulu City, performed by 10 female athletes, falls into the category of "sufficient," with 6 female athletes, accounting for 60%. Based on the research findings, the VO2 Max ability test results for all athletes from the Bhayangkara Swimming Club in Bengkulu City, performed by 13 males and 10 females, fall into the "sufficient" category, with a total of 13 individuals, accounting for 57%.

Keywords: *VO2 Max, Swimming*

