

ABSTRACT

THE INFLUENCE OF INTERVAL TRAINING METHOD ON THE MAXIMUM VO₂ CAPACITY OF JUNIOR BBT FC SOCCER CLUB ATHLETES

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This study was an experimental study, where the study was intended to see the effect of one independent variable on one dependent variable. The independent variable is interval training (X) while the dependent variable is the increase in maximum oxygen volume (VO₂Max) (Y). The sampling technique in this study was total sampling. The instrument used in this study is the VO₂Max test using the Multistage Fitness Test (Bleep test). Based on the results of the data analysis, the Tcount value of 16.67227 was greater than the T table value of 1.72913, it can be concluded that this study has the effect of Interval Training on Increasing VO₂Max of BBT FC soccer athletes in Tapus Village, South Lebong District, Lebong Regency. Furthermore, the percentage increase in the effect of Interval training on increasing VO₂Max in BBT FC soccer athletes in Tapus Village, South Lebong District, Lebong Regency was 7.62%. The conclusion of this study was there is a significant effect of interval training on VO₂max of BBT FC soccer athletes in Tapus Village, South Lebong District, Lebong Regency.

Keywords: Interval, Maximum Oxygen Volume (VO₂Max)

