

## **ABSTRACT**

### **THE INFLUENCE OF FARTLEK TRAINING ON THE MAXIMAL AEROBIC CAPACITY OF FUTSAL EXTRACURRICULAR STUDENTS AT SMPN 28 NORTH BENGKULU**

**By:**

**Febri Agustian<sup>1</sup>**

**Megi Personi<sup>2</sup>**

**Ajis Sumantri<sup>3</sup>**

*This study aims to determine how Fartlek training affects the maximal aerobic capacity of futsal extracurricular students at SMPN 28 North Bengkulu. This type of research is an experimental study with a sample of 20 players. The results of this study indicated that Fartlek training conducted by the players can improve the maximal aerobic capacity of students in the extracurricular program at SMPN 28 North Bengkulu, with the calculated  $t$  value (6.84) > the tabulated  $t$  value (2.26). The results showed that the Fartlek training method has a significant effect on the maximal aerobic capacity of the players. There is a difference in maximal aerobic capacity before and after performing Fartlek training. The maximal aerobic capacity after the Fartlek training shows a clear increase, although the improvement is only slight. This can be observed from the difference between the average before Fartlek training (38.3) and the average after Fartlek training (42.2), which is 3.8. Thus, there is a significant influence of the Fartlek training method on the maximal aerobic capacity of the players.*

**Keywords:** Fartlek Training, Maximal Aerobic Capacity

