

EFFECTS OF REST INTERVAL TRAINING CIRCUIT WITH FIXED AND DECREASING TO CAPABILITY, VO2 Max, POWER AND RECOVERY

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ABSTRACT

This study aims to examine whether there is any difference in the effect of the type of circuit training with fixed rest interval and decreases to the increased ability of VO2 Max, Power and Recovery in FIK UNY students.

The method in this study using a quasi-experimental research (quasi experiment). The treatment group was measured by providing the type of training in the form of a circuit workout with interval break anyway 45 seconds and 10 seconds rest interval decreased to increase the ability of VO2 Max, Power and Recovery. The design is by design factorial design. Samples were taken from the population there is a way Purposive Random Sampling. The collection of data obtained through tests and measurements. Test instrument used to measure VO2 Max with Multistage Tests, Power to Jump DF and to measure Recovery with the aid of a pulse oxymeter. Data analysis techniques used multivariate analysis to test Repeated Measured.

The results of this study as a whole proves there is a significant influence on both the circuit training method using a fixed 45 second rest interval and the interval break down 10 seconds on the dependent variable that includes VO2 max, power and recovery. Minimal increase in circuit training method with a rest interval fixed to variable VO2 max amount of (42.894 ml / kg.bb / min), a power of (65.296 kg m / sec), and the recovery of (18.812 seconds). While minimal increase for circuit training method with decreased 10-second rest interval to variable VO2 max amount of (49.736 ml / kg.bb / min), a power of (73.879 kg m / sec), and the recovery of (32.812 seconds). Based on the results of analysis show that circuit training method with decreased 10-second rest interval is more effective to improve all of the dependent variable consists of VO2max, power, and recovery of the circuit training method with fixed rest interval 45 seconds.

Kata Kunci: *circuit training and interval break*