

COMPARISON OF EXERCISE PERIODATION 4, 6 AND 8 WEEKS TO INCREASE VO2MAK, POWER AND AGILITY FOR BEGINNERS ATLET

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ABSTRACT

Abstract

This study aims to (1) test the validation of the contents of the periodization circuit training program for linear loading time on VO2max, agility and muscle power, (2) examine the effect of periodic circuit training for 4 weeks, 6 weeks and 8 weeks on VO2max, agility and muscle power, and (3) examine the differences in the effect of 4 weeks, 6 weeks and 8 weeks periodization on VO2max, agility and muscle power. Experimental research method with 2 x 3 factorial design. Subjects of male and female physical education students (ages 16 to 18 years) sons and daughters. Skill retrieval was taken randomly into six groups, each group of 5 groups. The VO2Max instrument uses the Multi Stage Fitness Test, agility using the T test, and leg muscle power using the vertical jump test. Data analysis using Manova statistics. The results of the study (1) have validated the contents of the circuit training program to increase VO2max, agility and muscle power produced by $CVR = 1$, (2) There is a significant effect of 4 weeks, 6 weeks and 8 weeks of periodization training on VO2max, agility and power muscle, There was a significant difference in the duration of the 4-week, 6-week and 8-week training period on VO2max, agility and muscle power. Therefore, periodic circuit training for 4 weeks, 6 weeks and 8 weeks of circuit training is recommended as part of a regular academic program to improve the physical component of VO2M, agility and muscle power for physical education students.

Kata Kunci: *circuit training, time periodization, vo2max, agility, muscle power*