



ISSN: 2456-0057

IJPNE 2019; 4(2): 540-541

© 2019 IJPNE

www.journalofsports.com

Received: 05-05-2019

Accepted: 08-06-2019

**Dr. Priyanka**

Director of Physical Education  
NJSP, Mandal's Adarsh College  
of Arts, Nijampur, Tal-Sakri,  
Dhule, Maharashtra, India

**P Sulakhe**

Director of Physical education  
NJSP, Mandal's Adarsh college  
of Arts, Nijampur, Tal-Sakri,  
Dhule, Maharashtra, India

## A study of the effect of interval training programme on long distance runners

**Dr. Priyanka and P Sulakhe**

### Abstract

Interval training is a type of training that involves a series of low to high intensity workouts interspersed with rest or relief periods. Interval training can refer to the organization of any cardiovascular workout. Interval training can help you run faster. Interval training is a core tool in improving overall speed over long distance. The nature of interval training forces you take a break before your form starts break down. In this study with the help of AAHPER test researcher measure an effect of interval training on long distance runners. For this study 20 players were randomly selected as a subject. In the light of finding it is concluded that interval training Programme improve a physical fitness.

**Keywords:** Interval training programme, physical fitness

### Introduction

Physical fitness is a general state of health and well-being and more specifically the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper Nutrition, Moderate-vigorous physical exercise and sufficient rest. Specific or task oriented fitness is a person's ability to perform in a specific activity with a reasonable efficiency. For example, sports or military service. Specific training prepares athletes to perform well in their sports. In the long distance running athlete must be trained to work aerobically and their endurance must be built-up to a maximum. They requires a level of fitness to begin with, the exercise is particularly good for the leg muscles. Interval training work is all about improving the cardio-vascular system and developing the muscles throughout the body to cope with the rigors of a race. Long distance running success requires displaces dedication and proper training. A well design training plan will improve your running performance and reduce your risk of injury. When you are preparing for a long- distance race, whether it's a 10 km, a Marathon or an even longer distance, your training plan must include appropriate mileage, strength and flexibility work, quality run workouts and recovery days. Long distance running requires endurance. Interval training improves your fat metabolism, increase the body's ability to store glycogen and help your mind and body get used to running long distance.

### Objectives

To find out the effect of Interval training on long distance runners.

### Methodology

Purposive sampling method was adopted for this study. Physical fitness was tested through AAHPER physical fitness test. Before and after training above test was taken by researcher on subjects. The researcher collects data of pre and posttest. 20 players were randomly selected as subject

### Result

It is evident from above table calculated' value of Sit ups, Shuttle run, 50 m. Dash is higher than calculated' value 2.0021. It means that there is significance difference between control and experimental group. There is no significance difference between control and experimental group related to Standing long jump and 600 yard run.

**Corresponding Author:**

**Dr. Priyanka**

Director of Physical education  
NJSP, Mandal's Adarsh College  
of Arts, Nijampur, Tal-Sakri,  
Dhule, Maharashtra, India

**Table 1:** Show Variables and T value

Variables		Mean	S.D.	'T' value
Sit ups	Control group	31.15	3.53	5.30
	Experimental group	36.3	2.12	
Shuttle run	Control group	10.71	0.30	12.06
	Experimental group	8.78	0.68	
Standing long jump	Control group	5.79	0.84	0.47
	Experimental group	5.70	0.14	
50 m. Dash	Control group	7.15	0.54	6.58
	Experimental group	6.36	0.09	
600 yard run	Control group	1.76	0.41	0.46
	Experimental group	1.70	0.44	

### Conclusion

In the light of findings it is concluded that Interval training Programme improve a physical fitness. Interval training is beneficial for long distance runners. Through this training Programme increase Speed, Endurance and Strength.

### References

1. Babraj JA, Vollaard NBJ, Keast C, Guppy FM, Cottrell G, Timmons JA. Extremely short duration high-intensity interval training substantially improves insulin action in young healthy males. *BMC Endocrine Disorders*. 2009; 9:1-8.
2. Billat VL. Interval training for performance: a scientific and empirical practice: special recommendations for middle- and long-distance running. Part I: aerobic interval training. *Sports Medicine*. 2001; 1:13-31.
3. Foster C, Hector LL, Welsh R, Schrager M, Green MA, Snyder AC. Effects of specific vs. cross training on running performance. *European Journal of Applied Physiology*. 1995; 70:367-372.
4. Smolaka V. Interval training in heart disease. *Journal of Sports Medicine*. 1963; 3:93-96.