

## ABSTRAK

**VERIANTO TUMANGGER. NIM. 6153321037. PENGARUH VARIASI LATIHAN *INTERVAL EKSTENSIF* TERHADAP DAYA TAHAN *AEROBIC FIGHTER MUAYTHAI FIGHTCULTURE* MEDAN 2021 (PEMBIMBING: DAVID SIAHAAN) SKRIPSI MEDAN : FAKULTAS ILMU KEOLAHRAGAAN UNIMED 2022.**

Penelitian ini bertujuan untuk mengetahui Pengaruh Variasi Latihan *Interval Ekstensif* Terhadap Daya Tahan *Aerobic Fighter Muaythai FightCulture* Medan 2021. Penelitian ini dilaksanakan dilapangan Lapangan Serba guna UNIMED. Populasi pada penelitian ini adalah *Fighter Muaythai Fightculture* dan teknik pengambilan sampel menggunakan teknik *Total sampling* sebanyak 5 orang atlet Muaythai.

Metode penelitian yang dilakukan adalah metode eksperimen (perlakuan) dengan teknik pengambilan data yang melibatkan satu variabel bebas dan satu variabel terikat yaitu Variasi Latihan *Interval Ekstensif* sebagai variabel bebas dan Daya Tahan *Aerobic* sebagai variabel terikat.

Hasil pengujian hipotesis diperoleh nilai nilai probabilitas (Asymp. Sig) adalah  $0.043 < \text{tingkat Signifikan } 0.05$  (Asymp. Sig. (2-tailed)  $0,043 < 0,05$ ). . Kesimpulan penelitian yaitu terdapat pengaruh signifikan dari latihan *Interval Ekstensif* terhadap peningkatan *Fighter Fightculture Muaythai* Medan 2021.

**Kata Kunci : *Interval Ekstensif, Daya Tahan Aerobic, Muaythai***

## **ABSTRACT**

**VERIANTO TUMANGGER. NIM. 6153321037. THE EFFECT OF VARIATIONS IN EXTENSIVE INTERVAL TRAINING ON AEROBIC ENDURANCE FIGHTER MUAYTHAI FIGHTCULTURE MEDAN 2021 (SUPERVISOR: DAVID SIAHAAN) THESIS MEDAN : FACULTY OF SPORTS SCIENCE UNIMED 2022.**

*This study aims to determine the Effect of Variations in Extensive Interval Training on Aerobic Endurance of Muaythai FightCulture Medan 2021. This research was carried out in the UNIMED Multipurpose Field Field. The population in this study was the Muaythai Fightculture Fighter and the sampling technique used a total sampling technique of 5 Muaythai athletes.*

*The research method used is an experimental method (treatment) with data collection techniques involving one independent variable and one dependent variable, namely Variation of Extensive Interval Exercise as the independent variable and Aerobic Endurance as the dependent variable.*

*The results of testing the hypothesis obtained that the probability value (Asymp. Sig) was  $0.043 < \text{Significant level of } 0.05$  (Asymp. Sig. (2-tailed)  $0.043 < 0.05$ ). . The conclusion of the study is that there is a significant effect of Extensive Interval training on improving the Fighter Fightculture Muaythai Medan 2021.*

**Keywords: Extensive Interval, Aerobic Endurance, Muaythai**