

## ABSTRAK

**Fitri Devi Purba (NIM 6181210012). Pengaruh Latihan *Circuit Training* Dan *Cross Country* Terhadap Peningkatan  $VO_2 Max$  Atlet Lari Jarak Jauh 10 Km Usia 16-19 Tahun Klub Habonaron Do Bona Kabupaten Simalungun,**

(Pembimbing: Ardi Nusri)

Skripsi: Fakultas Ilmu Keolahragaan UNIMED 2022.

Tujuan penelitian ini adalah untuk mengetahui pengaruh latihan *circuit training* dan *cross country* terhadap peningkatan  $VO_2 Max$  atlet lari jarak jauh 10 km usia 16-19 tahun Klub Habonaron Do Bona Kabupaten Simalungun. Penelitian ini di laksanakan di lapangan besar SMA N 1 Purba Jl Simarjarunjung No.309 Tigarunggu, Kec.Purba, Kabupaten Simalungun. Tes awal (*Pre-test*) dilakukan pada hari Senin, 20 juni 2022 dan waktu penelitian ini mulai dilaksanakan pada hari Senin, 22 Agustus 2022. Kemudian pada bulan Agustus sampai bulan September melaksanakan kegiatan latihan *circuit training* dan *cross country* dilakukan sebanyak 18 kali pertemuan dengan frekuensi 3 kali seminggu. Jumlah Populasi dalam penelitian ini berjumlah 30 orang dengan sampel berjumlah 16 orang, teknik penentuan sampel menggunakan *sampling purposive*. Jenis metode penelitian yang digunakan dalam penelitian ini adalah metode eksperimen dengan perlakuan *circuit training* dan *cross country*. Berdasarkan analisis data hasil penelitian diperoleh peningkatan terhadap sampel yang di teliti. Terbukti dari  $t_{hitung} = 10,64$  dan  $t_{tabel} (15) = 1,75$  dari  $\alpha = 0,005$  maka  $t_{hitung} = 10,64 > t_{tabel} = 1,75$ . Dari hasil tersebut dapat disimpulkan bahwa terdapat pengaruh latihan *circuit training* dan *cross country* terhadap peningkatan  $VO_2 Max$  atlet lari jarak jauh 10 km usia 16-19 tahun klub Habonaron Do Bona Kabupaten Simalungun.

Kata kunci: *Circuit training*, *Cross Country*,  $VO_2 Max$



## ABSTRACT

**Fitri Devi Purba (NIM 6181210012). The Effect of Circuit Training and Cross Country Training on Increasing *VO2 Max* Athletes Running 10 Km Long Distance Aged 16-19 Years Old Habonaron Do Bona Club, Simalungun Regency,**  
(Supervisor : Ardi Nusri)  
Thesis :Faculty of Sports Science Unimed, 2022

The purpose of this study was to determine the effect of circuit training and cross-country training on increasing the  $VO_2$  Max of 10 km long-distance runners aged 16-19 years at the Habonaron Do Bona Club, Simalungun Regency. This research was carried out in a large field at SMA N 1 Purba Jl Simarjarunjung No. 309 Tigarugu, Kec. Purba, Simalungun Regency. The initial test (Pre-test) was conducted on Monday, 20 June 2022 and when this research was carried out on Monday, 22 August 2022. Then from August to September carrying out circuit training and cross country training activities were carried out 18 meetings with frequency 3 times a week. Total population in this study amounted to 30 people with a sample of 16 people, the sampling technique used purposive sampling. The type of research method used in this research is an experimental method with circuit training and cross country treatment. Based on the analysis of research data obtained an increase in the samples studied. It is evident from  $t_{count} = 10.64$  and  $t_{table} (15) = 1.75$  from  $\alpha = 0.005$ , then  $t_{count} = 10.64 > t_{table} = 1.75$ . From these results it can be concluded that there is an effect of circuit training and cross-country training on increasing the  $VO_2$  Max of 10 km long-distance runners aged 16-19 years at the Habonaron Do Bona Club, Simalungun Regency.

Keywords: Circuit training, Cross Country,  $VO_2$  Max