

DAFTAR TABEL

Tabel 3.1 <i>Matching Pairing</i>	31
Tabel 3.2 <i>Randomized Pre-Test and Post Test Two Group Desain</i>	34
Tabel 4. 1 Data Pre-test dan Post-test Kelompok Latihan <i>Downhill</i> Running.....	40
Tabel 4. 2 Data Pre-test dan Post-test Kelompok Latihan <i>Uphill</i> Running	40
Tabel 4. 3 Hasil Uji Normalitas Penelitian	41
Tabel 4. 4 Hasil Uji Homogenitas Penelitian.....	42

